TEA
A MAGAZINE

Rooibos

South Africa's Red Gold

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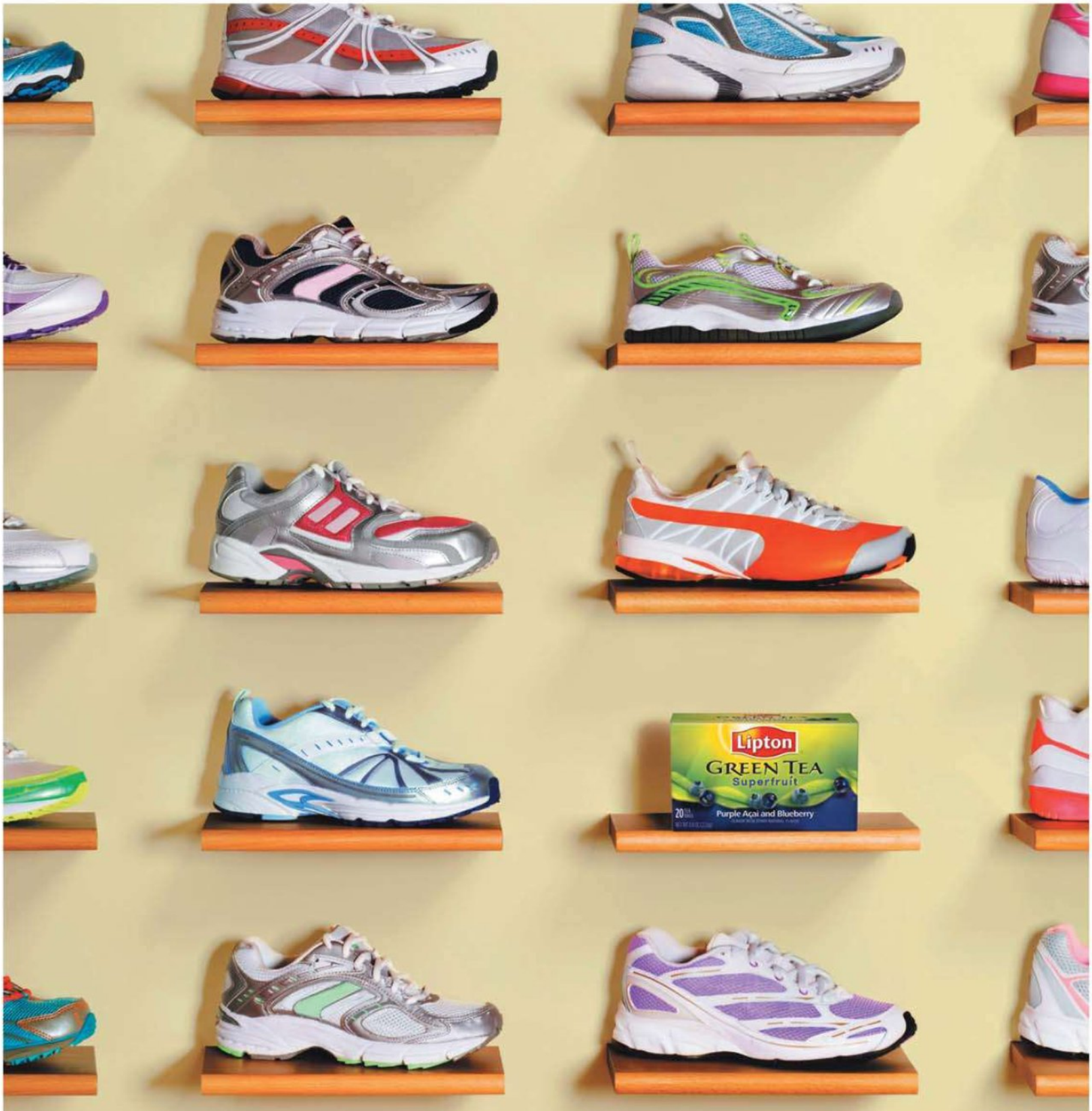

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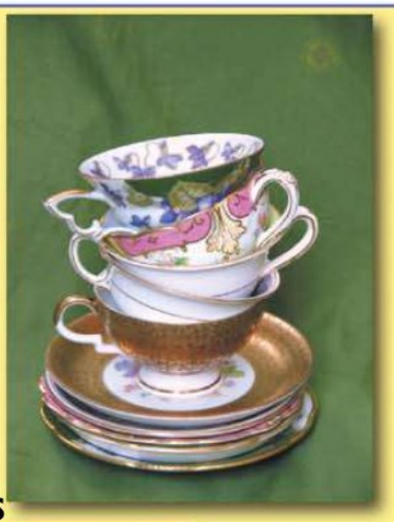

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CORRECTION: In every publication we try our hardest not to have any errors, but yet we still do because we are human. The Amish always drop a stitch in a quilt to show that there is only one perfect being. Maybe that's what publishing is all about. In my last letter I referred to desserts as deserts. I wonder how many caught my error. Regretfully, we made a big error in our last issue indicating on page 14 in the title of the story that The Tea Lady was relocating from Oregon. It should have been WASHINGTON.

COVER PHOTOGRAPH: Gold teacup and saucer with flowers inside cup. Markings: letters RKW and the numbers 59. BAVARIA Made in Germany.

Dedication: As Johann Sebastian Bach dedicated his music (by which I have often sipped tea), I also dedicate this work TGBTG. - Ed.

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Letter *from the Editor*

Left: Jane Pettigrew and Pearl Dexter taking turns using the scythe to cut rooibos on a farm in the Cederberg area of the Western Cape, South Africa. Photograph by Gerda de Wet.

Dear Reader,

I travelled to South Africa in early February with my friend Jane Pettigrew. We learned about rooibos, a plant indigenous only to the Cederberg area on the Western Cape. The manufacturing and processing has some similarities to the real tea—*Camellia sinensis*. I was surprised to realize how much time was involved in growing and processing this product. We had an exciting and educational visit with a scientist studying the health benefits of rooibos. I not only brought home some rooibos to drink, but also beauty products with rooibos as an ingredient. Like the real tea, it has many facets. It can be a beverage, used as an ingredient in recipes, and added to beauty products. It has made a big impact with the people who prefer no caffeine in their drinks. *TEA* was one of the first to report about rooibos in 1999 (issue #21) around the time that its popularity with many tea vendors was rising in the United States.

How far would you go for the perfect cup of tea? Alan Whelan gives us a peek into his quest for a good cup of tea as he travelled by motorcycle from Lancashire, England to Cape Town, South Africa. An excerpt from his book "African Brew Ha-Ha" is on page 20.

What really matters in business? Integrity, for sure. Two gentlemen in the tea business come to my mind immediately—Vic Ferretti of Kentea Limited and Richard Sanders of Grace Tea Company. As a consumer, you may never have heard those names, because they are men behind the scenes, ensuring that quality tea arrived at our tables. Many of you have sipped the very tea that they procured and had packaged for you and me.

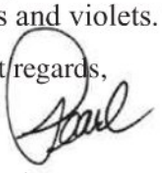
Let me start with Vic. I met him and his wife Doris back in the 90s. They greeted me at a tea function in New York and told me that they appreciated what *TEA A MAGAZINE* had done for the tea industry by educating and entertaining the consumer. I will never forget their words of encouragement. Vic, along with his colleagues, had the monumental task of making sure that his company imported fine tea from around the world. He contributed a lot of his time to the industry by serving as a board member and on different committees. His knowledge of the tea importing business and tea itself is phenomenal. Vic retired this past year. But I'm sure that we will continue to see him at upcoming tea events. Congratulations Vic!

I did not see Richard at many social functions. I met him and his wife Marguerite at their tea headquarters in New York nearly fifteen years ago. It was clear to me that they were genuine people with gentle manners who were ahead of most in their pursuit to provide specialty teas for the consumer. Richard passed away recently. He will be sorely missed by so many. Our condolences to his widow Marguerite. We are pleased to apprise readers that Grace Tea Company will continue under the masterful stewardship of the Mark T. Wendell Tea Company from Massachusetts. We featured a story on Grace Tea in 1996 (issue #8). Whenever I would see Richard and Marguerite at the annual Fancy Food Show in New York, they always had copies of that article for their customers. They were proud to be featured in *TEA* and quietly promoted our success.

The Tea Lady from Washington, a long time seller of *TEA*, was featured in our last issue. Unfortunately, we named the wrong state in the story title. Because we value the printed word and our customers, we gladly chose to re-print the article with the corrected copy.

It has been a long cold winter, but at last we can welcome the renaissance of spring. Soon after the first appearance of the crocus I knew that the daffodils and violets would be blooming. While I sit on my terrace and sip tea I am thrilled by the music of singing birds and the sight of those daffodils and violets. The cover for this issue is our tribute to springtime. *TEA* is now available on the new iPad.

Warmest regards,



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Books worth savoring

from *New York Times* bestselling author

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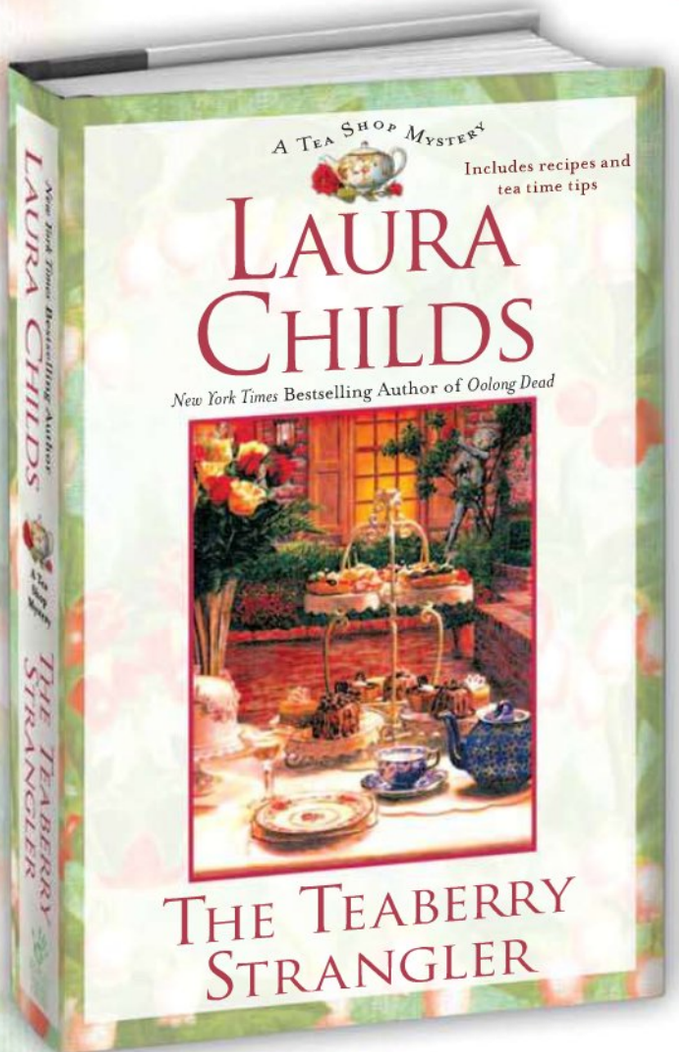
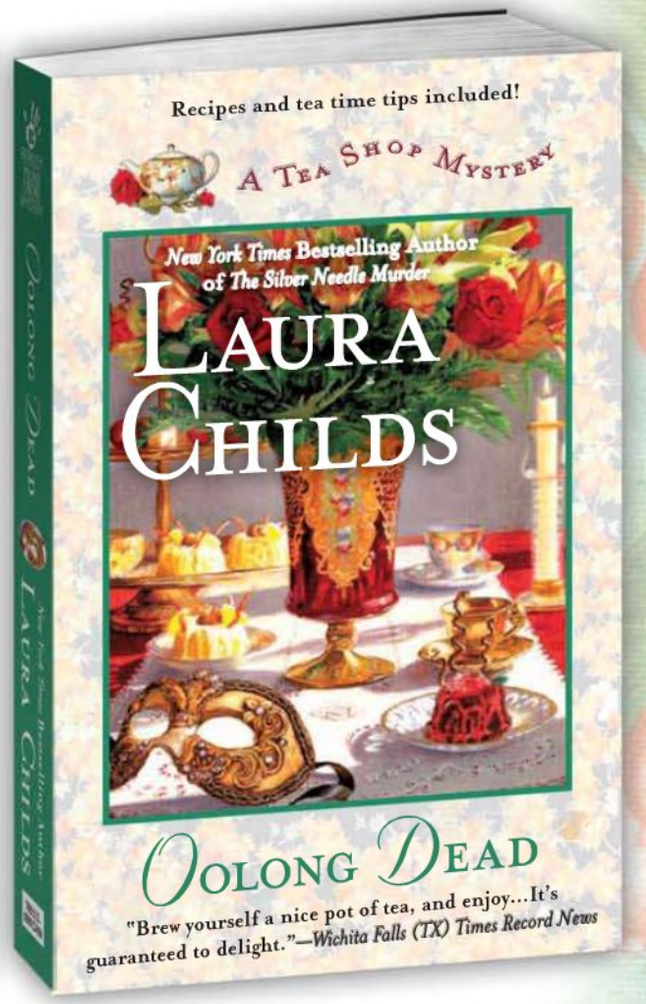
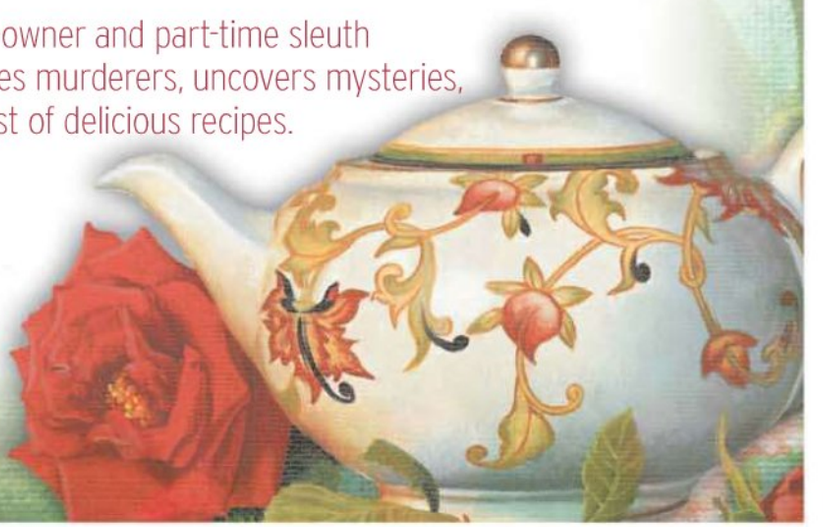




Join Charleston teashop-owner and part-time sleuth Theodosia Browning as she dodges murderers, uncovers mysteries, and serves up a host of delicious recipes.



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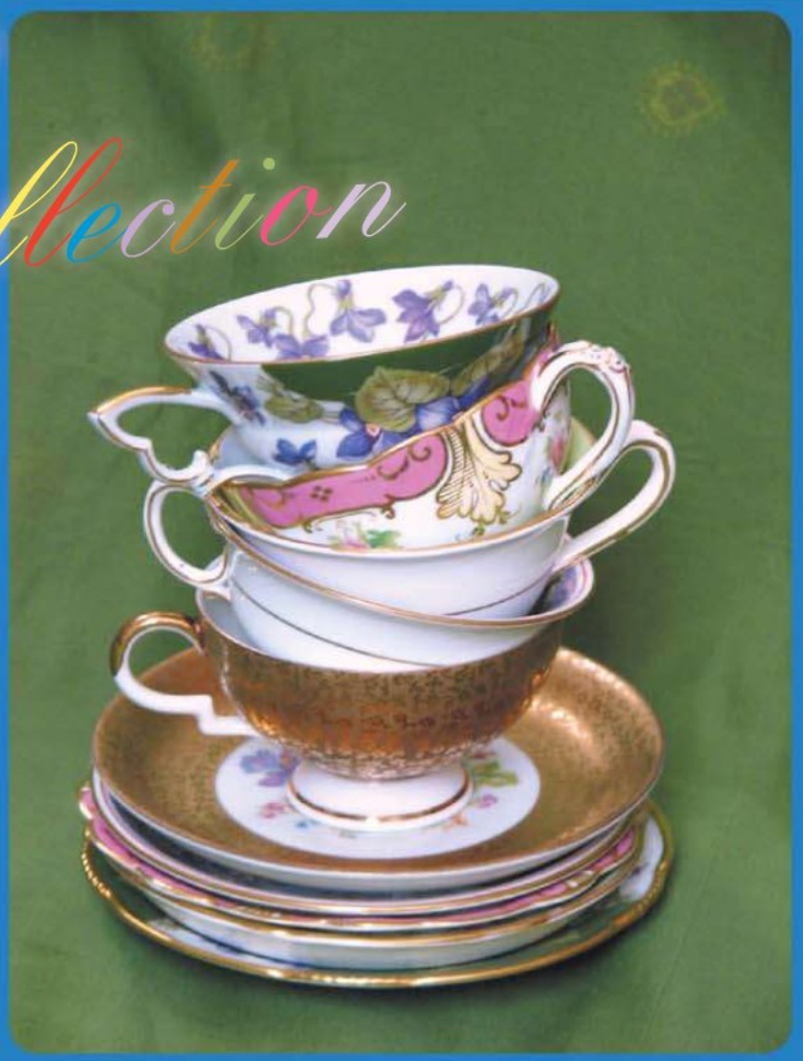

Enhanced digital by Christian Mumley.
Photographs by Pearl Dexter

Violets, roses, daffodils, and iris' are my favorite flowers. Our cover has all of these flowers and more in a teacup. It has several gold markings on the bottom of the cup and saucer: The number 59, the letters RKW, BAVARIA, and Made in Germany. It was made for export and is probably circa mid-20th century. The teacup with the violets was also made in Germany with markings MITTERTEICH, Bavaria, and Germany. It too was made for export and I believe may be c. mid-20th century. The other three teacups depicting roses are all from England, c. 1940s. Photographs of their markings are on page 6. I have seen thousands of patterns on teacups throughout the years. And it always amazes me when I see a different pattern from all the others. It seemed fitting to include these teacups depicting spring flowers for the spring issue of *TEA*.

When I was working on the image of the stacked teacups on my computer my 9-year-old friend Christian came into my office. He thought the background was rather bland, so I encouraged him to take hold of the mouse and change the picture to his liking. I, too, like it and hope that you will enjoy the comparison.

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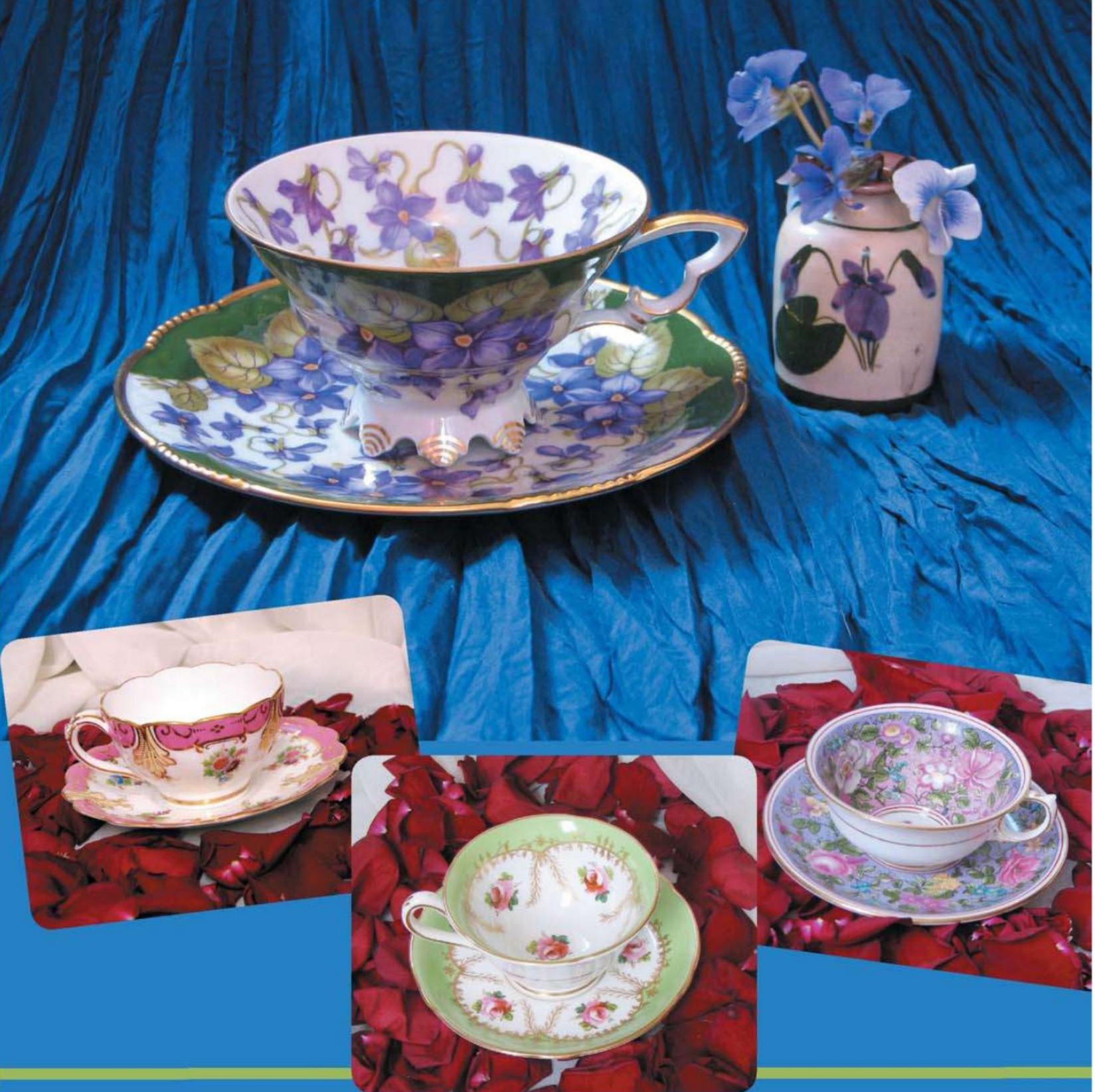

These are a Few of My favorite Things...

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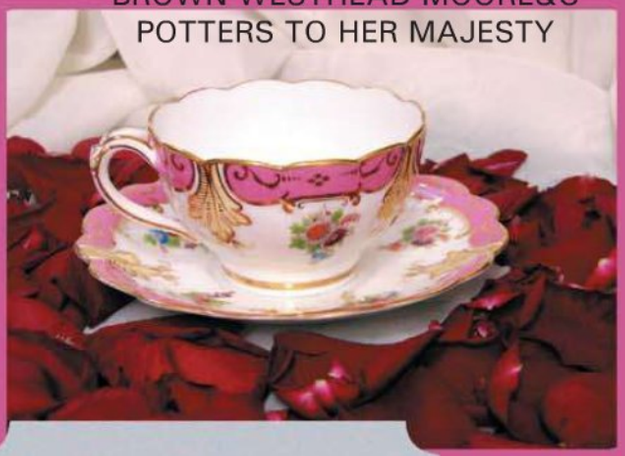
Editor's Collection

China Markings

Ye Olde English
GROSVENOR CHINA
Jackson & Gosling
ENGLAND
MADE IN ENGLAND

CROWN STAFFORDSHIRE
ENGLAND

CAULDRON
BROWN WESTHEAD MOORE&C
POTTERS TO HER MAJESTY



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One Last Pot of Tea

Story by Margaret Brinton

Spring had not yet arrived in Cedar Valley. A mild, winter chill prevailed in the April breeze. Sophia, in her 90th year, sat in front of the open window in her daughter Laura's home. As Sophia gazed out to the tranquil sky, she asked her daughter for a pot of fresh black tea.

"Careful! It's steaming hot!" Laura smiled, returning to her mother with a slate-colored stoneware teapot. Laura set the pot and a matching cup on an antique table. Then, she gently draped a soft shawl over her mother's aged shoulders.

Laura was about to comment on the photo album which her mother was leafing through when she heard her mother say, "I think I'll just enjoy this time to myself now dear. I want to look through my memories."

Laura gracefully made an exit back to the kitchen from where she could observe her mother sipping her second cup of tea and flipping through the photo pages. So as not to disturb Sophia's private reflections, Laura approached her without speaking and quietly poured the last cup of tea from the pot.

"Have you seen my little red book?" Sophia asked her daughter with fatigue in her voice. "I'd like to read through my story once again."

A portentous chill swept over Laura at her mother's question. Laura had noticed her mother perusing that little red book before bed just last evening. It was the self-published biography of Sophia's childhood years. "Do you know that your Uncle Robert and I were just toddlers when our mother died?" Sophia's voice had a tone of resignation. "This is a photo of our Uncle Harry. He and our Aunt Lila took us under their wings way back then."

Sophia had never spoken much of that tragedy. In fact, her brother's name rarely came up in conversation. In their adult years, Sophia and her brother had experienced an emotional distance.

"What is prompting mother's reflections?" Laura was asking herself somewhat in trepidation. She searched her mother's eyes intently, and through those two small windows, Laura had the sudden sensation of gazing into the reaches of eternity.

It was with extra care that Laura tucked a light quilt over her mother when she retired for a late-morning nap. Laura then went about preparing a lunch for the two of them, but with uneasiness in her spirit.

When Laura returned to her mother's bedside to rouse her for lunch, there was no response. But the smile upon her mother's face was serene, and the little red biography rested in its own peace upon Sophia's silent chest.

That image of final completion was what carried Laura mercifully through the gray days and months of bereavement. Perhaps her mother's last pot of tea had been the perfect settlement of a life's long journey. Through faith and tea, a sweet repose.

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Boiling

Written by Eve Hill

Illustration by Bill Dougal

If you are thinking that this might be a strange title for a space devoted to tea accoutrements, please re-think. Most tea brewing involves water with a temperature raised somewhere above room temperature and almost all black teas involve rapidly boiling water. What…you already know how to boil water? Yes, but we intend to consider what you use to boil it and the vessel used for the purpose.

The first thing that comes to mind is the often humble but quite useful teakettle, something that has been around for centuries. There are old drawings of a teakettle on a swing arm in fireplaces from long ago. Teakettles, by their design, are intended to boil water faster than an open pan and keep the water hot longer after it is off the heat. The early utilitarian ones were made from metal, usually copper, iron, or tin and some variation of metal kettles still sell best in America.

Designers of kitchen ware, who are usually artists specializing in industrial design, have had fun and let imagination and whimsy run loose sometimes with these. This has resulted in some teakettles that really get a second look on the stove. One of my favorites, no longer available, was a red one that had an outer side jacket that was a carousel design. When hot enough, it looked like the carousel was moving. These were sadly impractical and did not last, but they were fun to see. Michael Graves designed one for the Target stores that had a little bird stopper on the spout. The bird whistled when the water boiled. This was a huge success and sold out in a short time nationwide. There are collectors for the original ones now. Early Chantal enameled metal teakettles had a two-note harmonica whistle and sound a little like a train coming round the bend. One note sounds first and the second chimes in when a real rolling boil is reached. Other companies have had whimsical teakettles that resemble versions of Disney's Mickey Mouse, smiling spotted cows, chickens, and even a giraffe that boggles the mind.

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Water

A teakettle with a great reputation for longevity is the Simplex. These are made specifically for the kind of stovetop being used and there are two basic types, one for gas stoves, and one for electric. The company started in England just a couple of years after Queen Victoria died and have not changed their design much since then; they don't need to. The whistle is loud enough to alert almost anyone in the house or possibly the garden if the windows are open on a warm day. It comes in a copper or chrome finish and has been known to be handed down to another generation. The price is a bit steep but if one does the math in cost per year, it is a bargain for those who want a stovetop teakettle.

In England, self-contained electric teakettles are used for heating water for tea more often than teakettles heated on a stove. The Hobbs pot is the first that comes to mind, but there are many brands and people have their own preferences. Rooms for travellers in the UK usually have an electric pot available to heat water for tea, whether a B&B or a hotel. The UK electric system is different from the U.S. so even though Hobbs pots are available in the U.S. the wiring is not the same.

You can often find some excellent electric kettles advertised in this magazine and most of them seem to heat water faster than stovetop ones do, but this depends on the kettle. A favorite with many dedicated tea drinkers and also with tea room owners is the "Zopot" the Zojirushi kettle. Zopots have many advantages for people who make tea all day long and also can be set to the exact temperature for different teas that need a specific temperature to get the best flavor in brewing. These also come in varying models and colors. The Chef's Choice kettles are another brand that gets good reviews from many tea drinkers and the list goes on.

Many tea drinkers have more than one teakettle, often a stovetop one and an electric model. This is a wise idea for most of us. The teakettles of choice are as varied as the individuals choosing them. Probably the best way to decide on any new one is to consider how you intend to use it. Portability is an issue and design. Whether a funky giraffe, a timeless Simplex kettle or a sleek modern shiny one, everyone has a preference. My own has to either have a good whistle or turn off on its own after reaching temperature and I do use two different tea kettles. The editors of this magazine enjoy using the electric Chef's Choice and Zojirushi kettles that shut off automatically when the water comes to the temperature desired. What is your choice?

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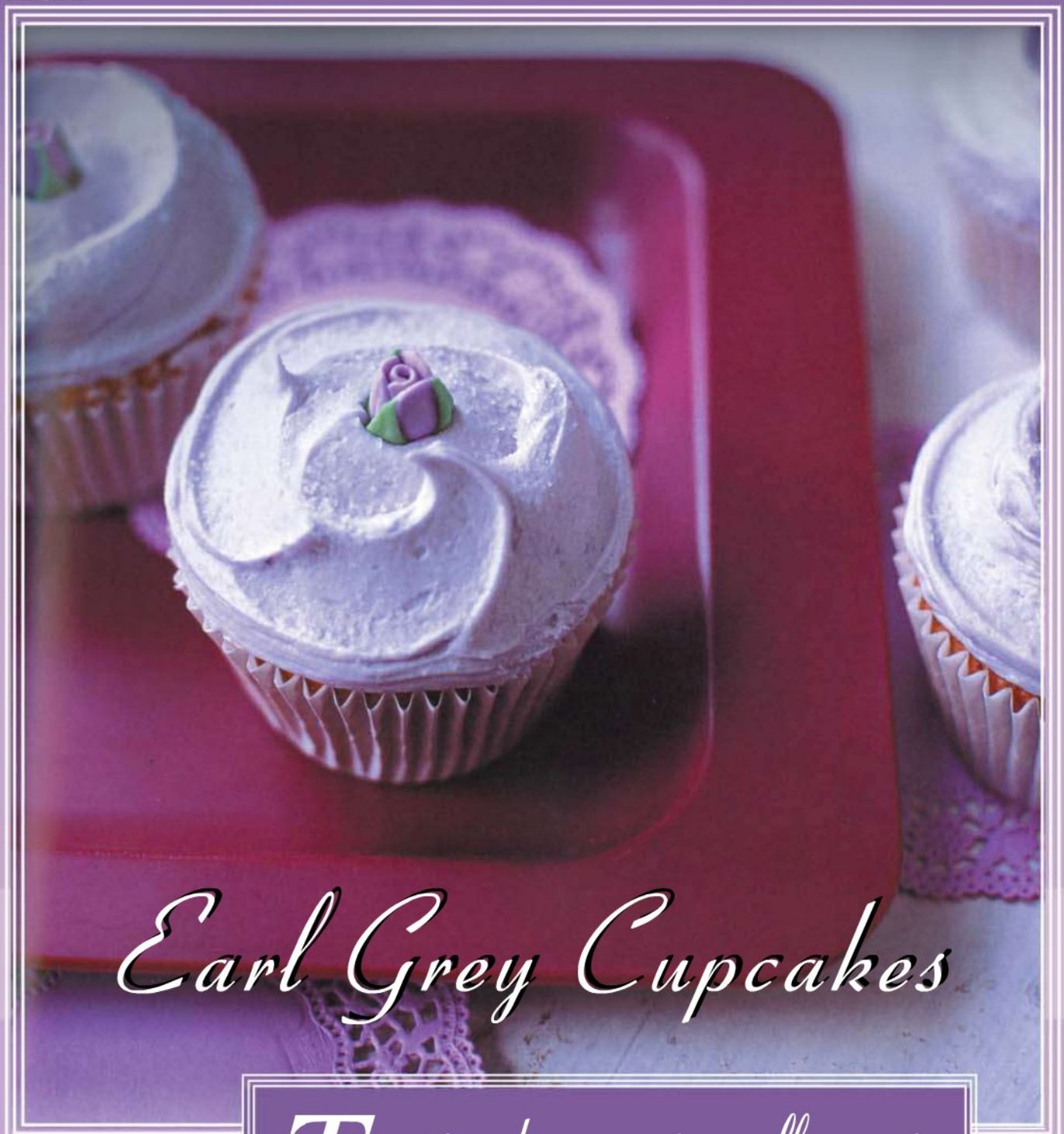

Earl Grey Cupcakes

The delicate **bergamot** citrus **flavor** of Earl Grey tea will intensify with every bite here. If you are a tea lover and have a fondness for a particular blend, you could easily substitute that one. We think these cupcakes make an ideal Mother's Day treat as they look so pretty piled on a plate at the center of a special afternoon tea.

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Ingredients for the Cake

1/2 cup 2% reduced-fat milk, at room temperature
4 Earl Grey teabags
8 tablespoons unsalted butter, at room temperature
1 cup plus 2 tablespoons granulated sugar
1/2 teaspoon almond extract (optional)
2 large eggs, free-range or organic
3/4 cup plus 2 tablespoons self-rising flour
3/4 cup plus 1 tablespoon all-purpose flour
1 batch of Vanilla Buttercream Frosting, colored lilac
Granulated sugar or sugar flowers

Preheat the oven to 350 degrees F. and line a 12-cup muffin pan with cupcake liners.

Heat the milk in a saucepan over medium heat until it just begins to boil. Remove from the heat and add the teabags. Cover and leave to infuse for about 30 minutes, then discard the teabags.

In a large mixing bowl cream the butter and sugar until the mixture is pale and smooth, which should take 3-5 minutes using an electric hand mixer. Add the almond extract, if using, and the eggs, one at a time, mixing for a few minutes after each addition.

Sift the two flours together into a separate bowl. Add one-third of the flours to the creamed mixture and beat well. Pour in one-third of the infused milk and beat again. Repeat these steps until all the flour and milk have been added.

Carefully spoon the mixture into the cups, filling them about two-thirds full. Bake in the oven for about 25 minutes until slightly raised and golden brown. To check they are cooked, insert a wooden skewer in the center of one of the cupcakes – it should come out clean.

Remove from the oven and leave the cupcakes in the pan for about 10 minutes before carefully placing on a wire rack to cool. Once they are completely cool, you could frost the cupcakes with lilac-colored vanilla buttercream and sprinkle with a little extra granulated sugar and sugar flowers.

Vanilla Buttercrean Frosting

2 tablespoons unsalted butter, at room temperature

1/4 cup 2% reduced-fat milk, at room temperature

1 teaspoon pure vanilla extract

4-1/4 cups confectioners' suger, sifted

Few drops of food coloring (optional)

In a large mixing bowl beat the butter, milk, vanilla extract, and half the confectioners' sugar until smooth – this can take several minutes with an electric hand mixer. Gradually add the remainder of the confectioners' sugar and beat again until the buttercream is smooth and creamy.

If you want to color your buttercream, always start with one drop of coloring and beat thoroughly. This will be all you need to achieve a very pale pastel hue. Add carefully, drop by drop, and beat after each addition to build up to your desired shade.

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Ginger Mar-Tea-ni

This drink is FUN and REFRESHING. Great for sipping alone, or even better to accompany a clean light seafood dish. Try it paired with the Tea Cured Salmon featured previously in *TEA*.

Mar-Tea-Ni Ingredients

3 ounces tea infused Grey Goose Vodka (see recipe p.13)
1 teaspoon pureed gingerroot
1/2 ounce ginger and citrus simple syrup (see recipe p.13)
1/2 ounce lime juice
1 ounce pineapple juice

Shake well with ice. Serve strained into a chilled martini glass. Garnish with twist of lemon and/or candied gingerroot.

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Created by CYNTHIA GOLD
Photographs by JULIAN LANDA

THIS DRINK CREATED ESPECIALLY FOR THE BOSTON PARK PLAZA HOTEL & TOWERS, BOSTON, MASSACHUSETTS.

TEA INFUSED VODKA

1 liter Grey Goose French vodka
1 orange, zested into long strips
1/2 lemon, zested into long strips
1/4 cup of green tea leaves (Dragonwell or Sencha work well)
1/4 cup of full bodied well-oxidized Oolong leaves (I used a Wuyi Oolong, Roi Gui)

Place 1 liter of vodka in non-reactive container. Add citrus zest and tea leaves. Taste periodically until proper strength is achieved. Probably around 45 minutes to an hour. Strain multiple times through cheesecloth or coffee filters until completely clear. Store at room temperature or chilled.

SIMPLE SYRUP

2 cups white sugar
2 cups water
4 quarter size slices of fresh ginger
1 cinnamon stick
1/2 orange, zested into long strips
2 tablespoons green tea leaves held in a T-Sac or tied in cheese cloth

Place sugar and water into a saucepan. Stir sugar up from the bottom and add other ingredients. Place over medium-high flame and bring to a boil. Turn down to low and let simmer until a clear thick syrup is formed, about 5 minutes. Remove from heat, add T-sac of tea leaves and let cool. No need to strain. Remove T-Sac of tea leaves. The other ingredients can stay in the syrup until you're ready to use it.

CYNTHIA GOLD is the tea sommelier at The Boston Park Plaza Hotel & Towers and has been contributing recipes to *TEA* along with Julian's photography for several years. She has co-authored with Lisë Stern the book *CULINARY TEA* (release date September 2010) published by Running Press.

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Earl Grey Zebra Cookies

You'll want to use an **Earl Grey Tea** with a high concentration of bergamot oil for these chewy and rich cookies. Bergamot and chocolate are a natural combination that will draw you back time and again. This recipe calls for a concentrated Earl Grey infusion as well as ground leaves to offer an interesting new dimension.

Ingredients

2 tablespoons Earl Grey tea leaves
1-3/4 cups all-purpose flour
1/4 teaspoon baking soda
1/3 cup unsweetened cocoa powder
2 teaspoons ground Earl Grey tea
1 cup unsalted butter
1 cup granulated sugar
1/2 cup firm packed dark brown sugar
1 teaspoon bourbon
1 egg
1 teaspoon finely grated orange or tangerine zest
White chocolate for decoration

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Created by CYNTHIA GOLD
Photographs by JULIAN LANDA

METHOD

Pre-heat oven to 350 degrees F.

Steep 2 tablespoons Earl Grey tea leaves in 1/2 cup water for 5 minutes. Strain leaves from water and discard. Set steeped tea aside to cool.

Combine flour, baking soda, cocoa, and finely ground tea. Set aside.

In a mixer on medium speed with paddle attachment beat butter until light and fluffy. Add sugars and beat until smooth. Beat in bourbon, egg, orange zest, and 2 tablespoons of the steeped tea. On low speed, slowly add reserved flour mixture until fully incorporated.

Form 1-teaspoon dough into ball and place on parchment lined sheet pan. Flatten slightly. Repeat, leaving 1-1/2 inches between dough balls. Bake until begins to firm, around 10 minutes. Remove, let cool.

Melt white chocolate over just steaming water in a double boiler and drizzle or pipe onto cooled cookies. Let harden completely.

Cookies will remain chewy and moist for several days.

Yield 4 dozen cookies

If you enjoy delving into the culinary potential of fine teas, you will find this recipe and over 150 others, as well as a focused look at pairing foods and tea, in the upcoming *Culinary Tea* which will be released in the fall of 2010 by Running Press/Perseus Books.

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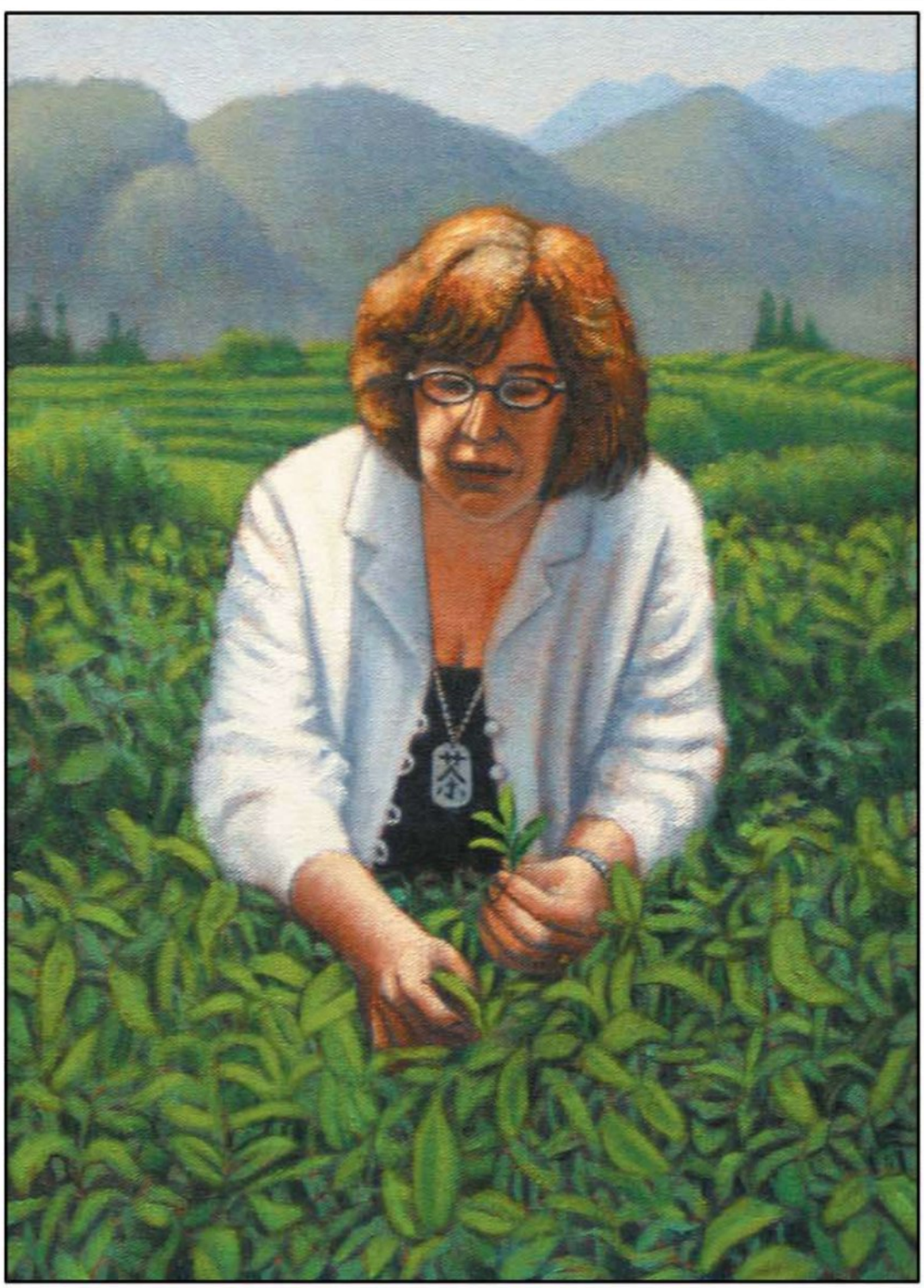
Julian Landa ~ Artist

Below:
Tea Fields 1
10 1/4 x 14 1/4"
Sept 09



Julian Landa studied at The Vesper George School of Art and the School of the Museum of Fine Arts, both in his native city of Boston. He has worked in Surrealism for more than thirty-five years. His inspiration for tea as the subject in his paintings stems from his trips to tea growing countries in Asia.

The images shown here were inspired by the trip that he and his wife Cindy Gold took to India and Sri Lanka a year ago. Julian's art was featured in an earlier issue of *TEA* (#37) in 2004.

Opposite page:
Tea Fields 1
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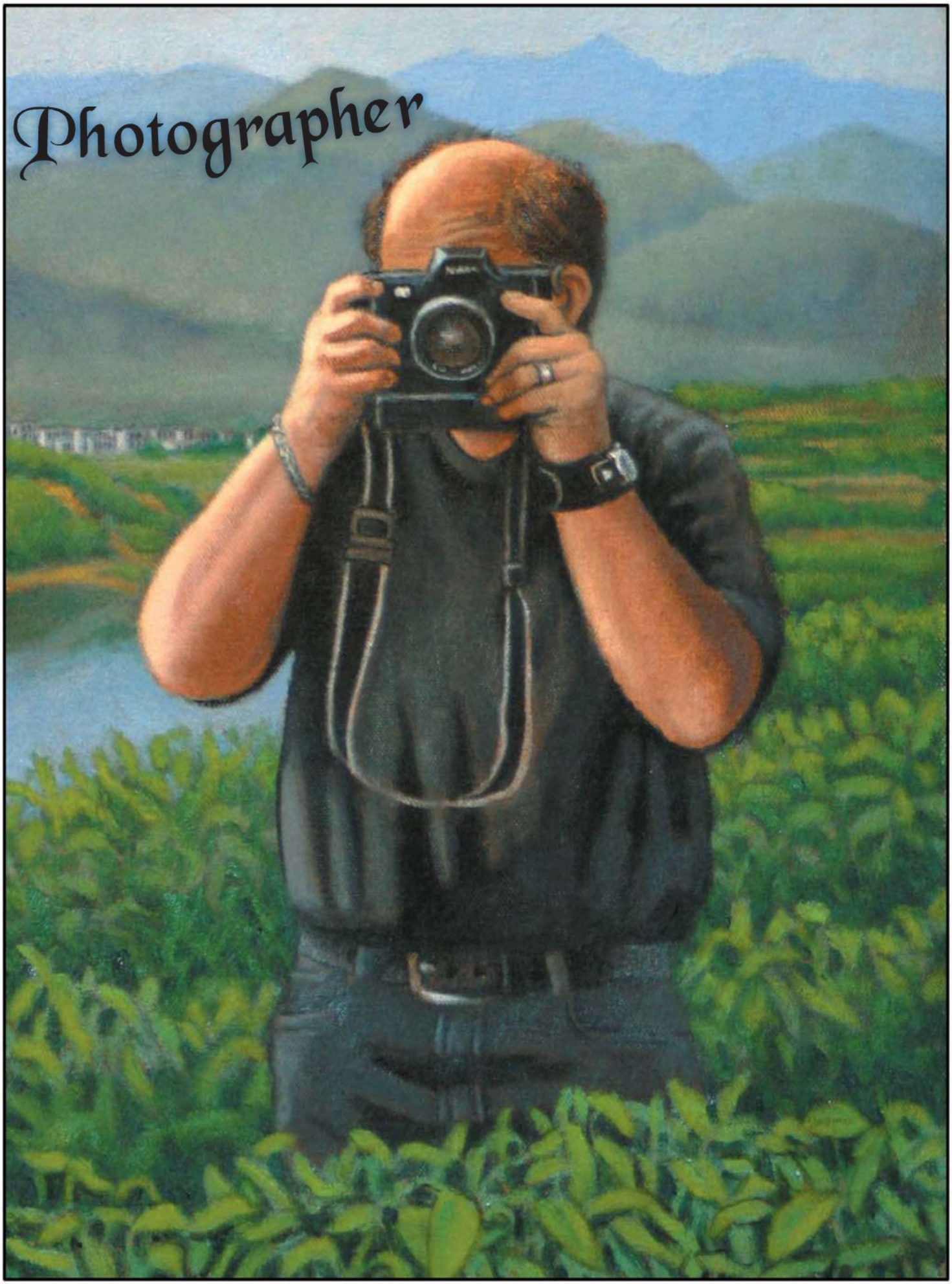

To view more of Julian Landa's artwork, go to:
gti.net/broidoi/toa

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Tea Time from LANCASHIRE to Africa is just a ...

BREW-HA-HA !

by Alan Whelan

THE SPARK FOR THE TRIP WAS WHEN BOB GELDOF suggested that the best way to help a poverty-stricken African country was to go there on holiday.

Three months later I found myself experiencing the coffee ceremony in Ethiopia's ancient city of Axum. The celebration of their national drink brought into sharp focus my own thoughts about my national drink—the great British 'cuppa,' and how the tea 'ritual' is just as important to the British way of life as coffee is to the Ethiopian.

It may not be as formal but the tea ritual of sharing a pot of the amber nectar, at once both banal and profound, is part of the daily routine rooted in the tolerant and welcoming nature of the British character. There are few more intimate socially platonic niceties than making someone a pot of tea in your home—it's a liquid form of social glue guaranteed to cement friendships and make new ones. The explosion of high street coffee brands have made it a solitary drink, while a pot of tea is still a social occasion and an aid to conversation, and has been for hundreds of years.

I was so taken with the idea of the tea ritual that I set out on a quest for the ultimate cuppa. Beginning in my home county of Lancashire, UK, strangers welcome me for tea and by the end of the hour (hopefully not strangers anymore), they pass me on to someone else for another pot, and so it goes on.

Since January 2007, I have met a string of fascinating Lancastrians who have invited me for tea: from sportsmen Sir Tom Finney, Bill Beaumont, and ex-lightweight champion Paul Burke to artist Margaret Francis and international businessman Martin Higginson. Each Tea Encounter—unique and fascinating in its own way—is recorded on a blog at www.abhaha.com

The Lancashire leg of the trip ended on October 1, 2008 when the quest (now called the African Brew Ha Ha) continued overland by Triumph motorcycle to Cape Town, South Africa. Knowing little about bikes, apart from where to put the petrol, I am indebted to Philip Youles Motorcycles in Blackburn for their tremendous help and expertise to help me realise the trip, which took about five months, assuming I would have no border difficulties or experience poor weather. I planned to invite people to have tea everywhere I stopped, which gave me a great insight into African life along the way. Africans are fanatical about their tea just like the Brits so we already had something in common; the cooling pot between us acted as an excuse to discover what other commonalities we shared.

Alan Whelan

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One of the inspirations for the trip, and final destination of the quest, was a project called Original Tea Bag Designs in Hout Bay, Cape Town. The upliftment project makes sensational products by utilizing used tea bags as mini works of art. They promised to have the kettle boiling on my arrival and hold a tea party to slake the thirst of the 15,000-mile journey. I collected all the teabags used on the trip to be made into a new product especially designed for the African Brew Ha Ha—each one a milestone on the journey with a story attached, much like every pot of tea we drink in life.

The journey took me through Europe to Morocco, West Africa as far as Angola, then through the Congo to Tanzania and down the east coast to the Mother City. Even a rudimentary knowledge of the map of Africa will tell you that this is hardly a direct route, but I never said the search for the ultimate cuppa was going to be easy.

Even if the going got tough, I was armed with some memorable advice gleaned from every one of my Tea Encounters so far: from the inspirational "Never lose sight of the blinding light;" and "Take a smile with you;" to the practical "Bring a puncture repair kit;" and "Make sure you've got water for your tea;" to the cautious "Never believe what anyone tells you—make your own decisions."

The trip aimed to raise funds for health and education projects in Imizamu Yethu township and was supported by the Rotary Club of Blackpool Sunrise, which made me an honorary Rotarian for the duration of the trip.

Above left: Gavin and Paulina Lesch in Worcester, South Africa.
Above right: Dr. George Ogola (from Nairobi, Kenya) with Alan Whelan having tea in Manchester, UK before his trip.
Top right: Bwedra making tea in Western Sahara.

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Tea bag workers celebrating Alan Whelan's arrival in Hout Bay, Cape Town, South Africa.

Original Tea Bag Designs (www.tbagdesigns.co.za) in Hout Bay, Cape Town, utilises used tea bags to create a range of superb products and gifts serving the booming tourism industry in South Africa. The idea began as a small community project led by Englishwoman Jill Heyes. It has since grown to employ 20 people, mostly women, who live in the township of Imizamu Yethu. The shantytown is in desperate need of funds for health and education projects. *TEA A MAGAZINE* featured their story in the summer 2006 (number 47) issue.

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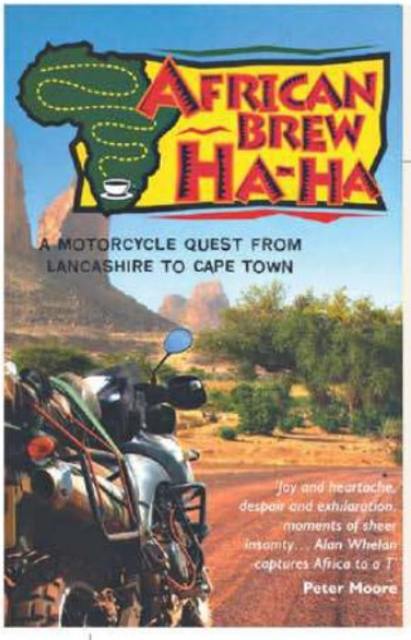

Alan Whelan may be reached at:
alan@inkwellpr.co.uk

Excerpts from Whelan's book (just released April 5th)

African Brew Ha-Ha

"It's been, so far as the things that matter are concerned, five months of pure joy: the feeling of freedom, possibility and hope, the landscape, the bigness of Africa, the remarkable people and their attitudes to life, the optimism, the friendliness and the thousands and thousands of guileless smiling faces. And the tea, of course.

When each day is a grand endeavour to satisfy even basic needs, life cannot help but become a poignant drama on this remarkable continent. The sensations and challenges are extreme, but doesn't that make life all the more precious and worthwhile?

The search for the ultimate cuppa came out of an interest in the tea ritual, but of course the main purpose of sharing a pot of tea is to spend time with another person, time to talk and feel connected, and these are the things that I will remember long after the memory of the drink is lost: Pastor Samuel's wife, who brought the brew in a plastic bucket, the lukewarm tea that Serge served with the frozen sausages and his ten children looking on, the many teas with the fabulous Benslimane family in Casablanca, the rocket fuel brewed by Bwedra in the tent in the Sahara, tea on the sidewalk in Banjul with the Carlton cooks, Tabot's one-night stand returning with a flask the morning after in Cameroon, Kaizer Motaung in Johannesburg, Madame Mathey Boo in Libreville and all the rest, these are the encounters I will remember most because I will never forget the people. How could I?

Tea was offered to me in friendship and as a celebration, a comforter, a pick-me-up and a consolation. Where people were clearly struggling to make ends meet, tea became even more important to their lives. I could see that despite having few material possessions it can be a great comfort to tend a miniature brazier with a tripod standing over it and a battered teapot slowly warming. And the sharing is always given with disproportionate joy. What is important to them is that God has put me in their path, so they accept the responsibility to help. If they become needy, someone else will provide, somehow, further down the line."

Extracts (with permission) from ***African Brew Ha-Ha: A Motorcycle Quest from Lancashire to Cape Town*** by **Alan Whelan** which is published by Summersdale (UK £7.99) and is available through bookshops and internet booksellers.

ISBN: 978-1-84953-044-6

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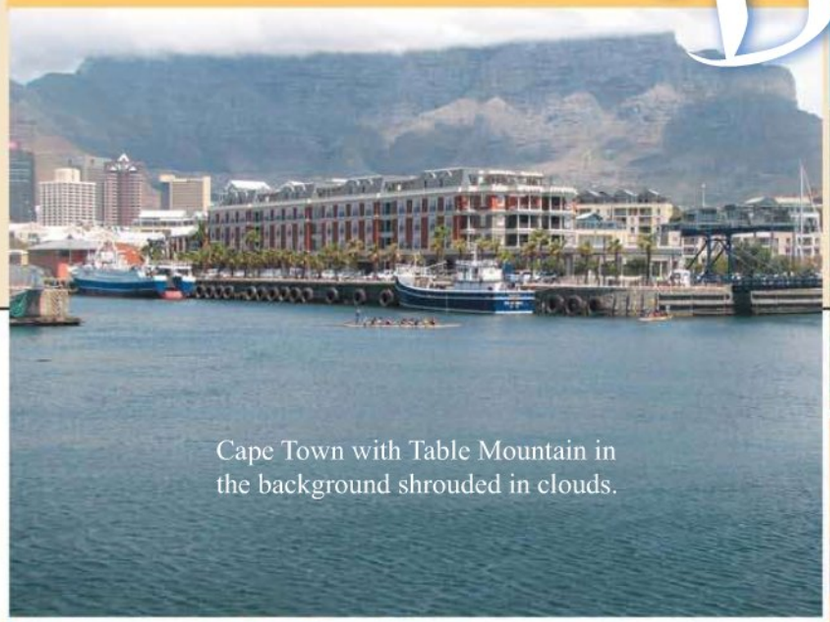
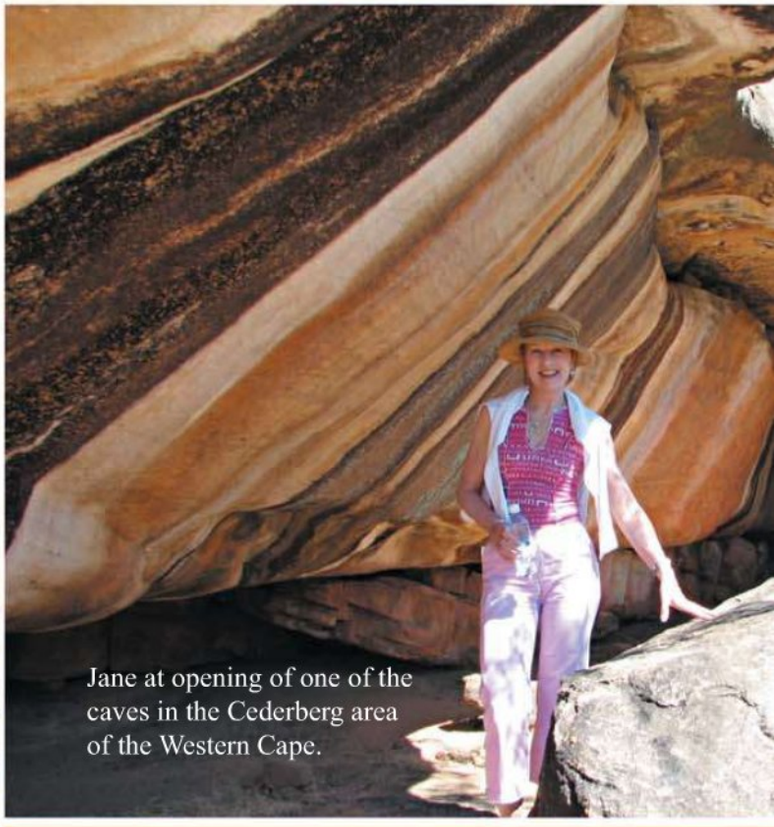
Beautiful



Cape Town with Table Mountain in the background shrouded in clouds.

Jane and Pearl



Jane at opening of one of the caves in the Cederberg area of the Western Cape.

Ostriches

Sunset at Lambert's Bay

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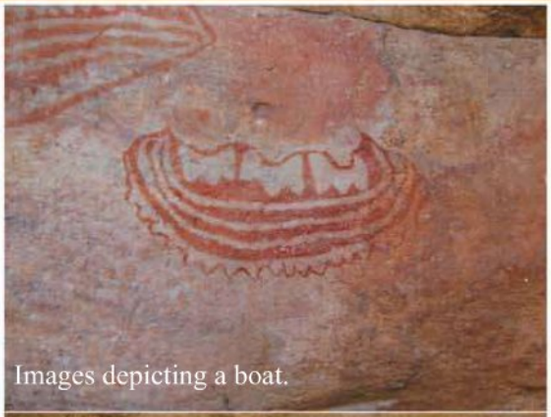
South Africa

Written and photographed by Pearl Dexter

Pearl at Gordon's Bay



Images depicting a boat.

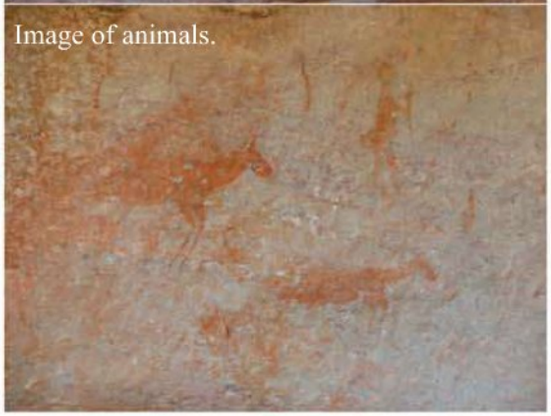
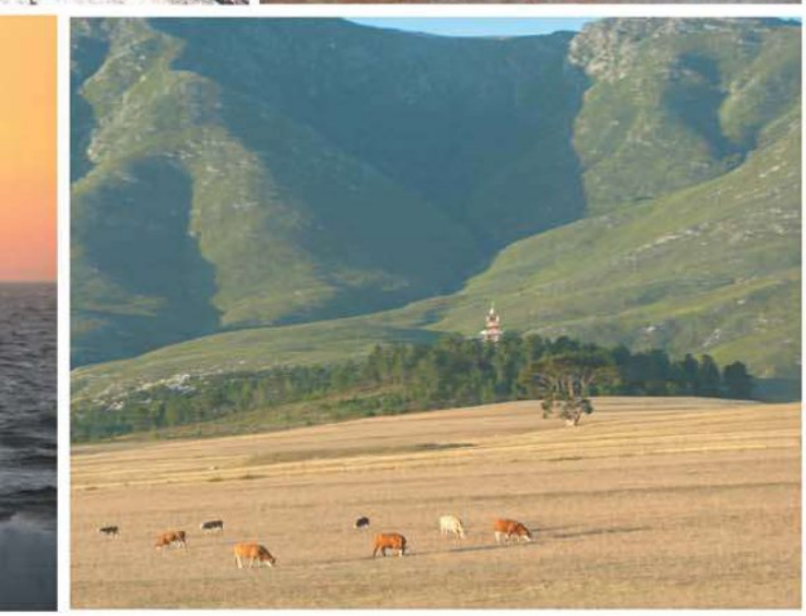


Image of animals.



South Africa? "No, it is not safe to go there," my friends said. I went anyway. I was on a mission to learn about rooibos and honeybush, indigenous only to South Africa. After a long flight from the U.S. I met up with my friend and colleague Jane Pettigrew on the last day of January in Cape Town. We had a fabulous time. Our host Arend took us first to the home of rooibos, the Cederberg area in the Western Cape. After a few days of learning all about rooibos, we travelled by road all the way to the Eastern Cape to visit a honeybush factory. We saw breathtaking scenery. From the mountains to the plains, from the well established small rural towns to the seaside resorts, and finally Table Mountain shrouded in cloud in the beautiful city of Cape Town. We drank rooibos every day; and ate fresh fish and sweet potato. We made new friends, experienced a new country, and felt safe throughout our stay. So, don't be discouraged by adverse media accounts of tourism in South Africa. Go, and see for yourself the beauty of the land and the people.

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Rooibos South

Story by Pearl Dexter
Photographs by Pearl Dexter and Jane Pettigrew.

Rooibos herbal tea is in vogue!!!

As I've travelled around the United States I've seen that this beverage is listed, along with other tisanes and herbal infusions, adjacent to long lists of real tea (*Camellia sinensis*). Every tea room that I've visited across America has rooibos on the menu, it is sold by every tea company that I know, and it is prominently displayed on over 2,000 websites.

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Africa's Red Gold

Pronounced "roy-bos," it is a plant native only to the Cederberg area of South Africa's Western Cape. The botanical name is *Aspalathus linearis*, and it is a broom-like member of the legume family of plants. In South Africa many know the plant as fynbos or red bush. Since it contributes economic stability to the area, I named it 'red gold.'

Left: Johan, Jane, and Gerda in the rooibos field.

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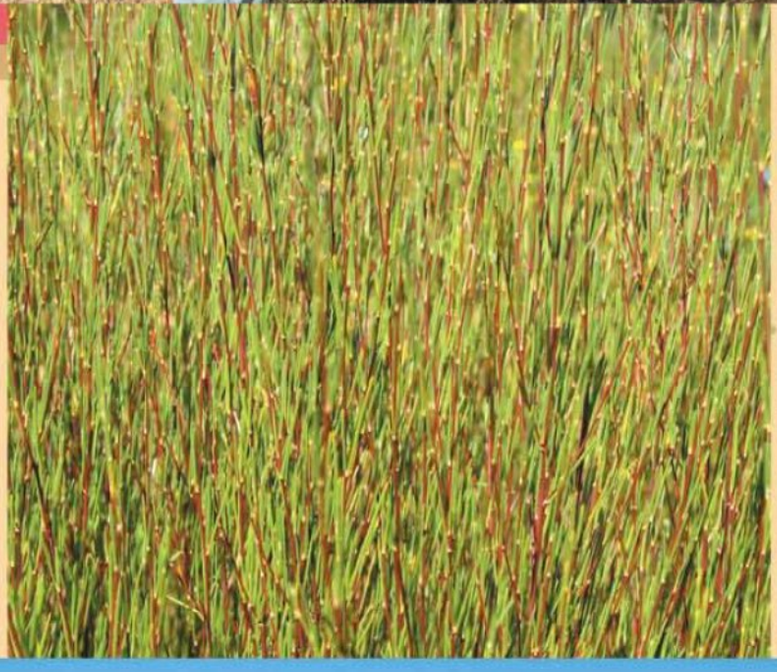

Above: Worker cutting rooibos.

Below right: Worker sharpening his blade.
Below left: Workers loading the truck in the field.

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We were invited by Rooibos Limited to their summer season in February to learn about rooibos and view the harvesting and manufacturing and processing of this ever growing popular beverage in the U.S. and Europe. They have captured over 60% of the international market and serve 80% of their domestic market for the product. My colleague from London, Jane Pettigrew, met me in Cape Town to share this exciting educational journey.

It was a long flight for me, but I had the opportunity to rest overnight before our host, Arend Redelinghuys, Group Marketing Manager for Rooibos Limited met me on a Sunday morning to greet Jane as she arrived on a plane from London. The sun was shining as we journeyed 200 kilometers to Paarl (which means "Pearl"), an early Dutch settlement full of Afrikaan heritage. We stopped to meet Arend's family and had a lovely lunch outdoors at a nearby winery. At times the clouds seemed to be touching the horizon as we drove north to the small town of Clanwilliam in the Cederberg region.

Clanwilliam was first known as Jan Disselsvalleij when it was settled in 1725. Later (1814) Sir John Cradock renamed the town Clanwilliam after his father-in-law, the Earl of Clanwilliam. It is one of the ten oldest towns in South Africa. The village district has several historical churches and buildings. We stayed at a peaceful bed and breakfast at the end of town—Ndedema Lodge surrounded by fruit trees, flowering trees, and shrubs. After dinner I immersed myself in a rooibos bath then had a delicious cup of rooibos tea before retiring for the evening on soft cotton sheets, in a four-poster bed. I awoke to the music of chirping birds and soon joined Jane in the garden for breakfast. Fresh figs and mango from the fruit trees were a great way to start the day with a cup of tea and toast. There was not much time for lingering though. Soon after we finished our tea, Johan Brand and Gerda de Wet from Rooibos Limited arrived to drive us to the nursery and rooibos fields. This was our second day in sunny South Africa. To my surprise the climate in Clanwilliam was hotter than that of Cape Town. Johan and Gerda gave us some wide brimmed cotton hats to protect us from the blazing sun.

The craggy Cederberg Mountains overlook the fertile valley of Clanwilliam where rooibos grows in abundance with absolutely no irrigation except to the nurseries. The wild and the cultivated plants are fully dependent on Mother Nature for their much-needed moisture. The plant grows best in sandy soil. After it flowers in October, the seedpods fall to the ground. Farmers then collect the seeds and take them to the company for minimal processing Later they will be returned to the farmers for planting. Seedlings are pruned after a year and harvested around nine months later. Many small farmers supply Rooibos Limited and the much larger farms set aside 240 hectares to grow the majority of rooibos. These collective farmers contribute to providing product for Rooibos Limited's global success.

There were few paved roads that ran through the rooibos farms. As the rooibos gently waved in the wind, it took on a silvery look. Johan told us that that was a sure sign of a good harvest to come. When the bush is ripe the stems are red at the top and ready for the blade of the scythe; then to be bundled and trucked to the factory. After the harvesting season ends in April, the farmers may plant rye and or oat in between the rows of bushes in June. By the following January the rooibos plant thrives again.

Many of the laborers come down from the northern part of South Africa to work on various vegetable, fruit, and rooibos farms. We photographed Tswana tribe workers in the fields we trod through. One person cut a complete bush with swift, mindful strokes of the scythe within a few minutes. Then quickly moved over to the next bushes, stopping only to sharpen the blade about every ten minutes. The cuttings were piled into sheaves ready for weighing before loading them onto a truck to be transported to the Rooibos Limited facilities in the town of Clanwilliam. An average bundle weighs 14-18 kilos.

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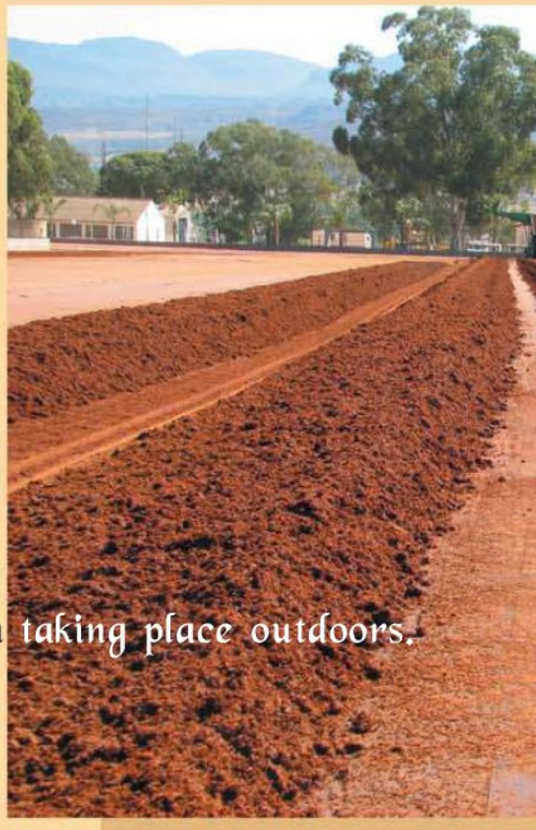

Oxidation taking place outdoors.

We spent most of the next day at their state-of-the-art factory. Several employees gave us an in-depth education on the processing of rooibos. A truck full of fresh cut rooibos was being unloaded at the dock. The bundles were headed for the machines that would remove the stalk. Only the stem and the axles that hold the needle-like leaves of the rooibos are reserved for further processing: outdoor oxidation, blending, and packaging. The factory processes a small amount of green rooibos, eliminating the oxidation steps. Some of the processing was similar to the multiple steps with fresh tea leaves from the *Camellia sinensis* plant. A portion of the rooibos production is organically grown under strict supervision, meeting the standards of Japan, Netherlands, and the European Union. Fairtrade and kosher rooibos are also available. The Perishable Products Export Control Board monitors the bacteriological and microbiological content.

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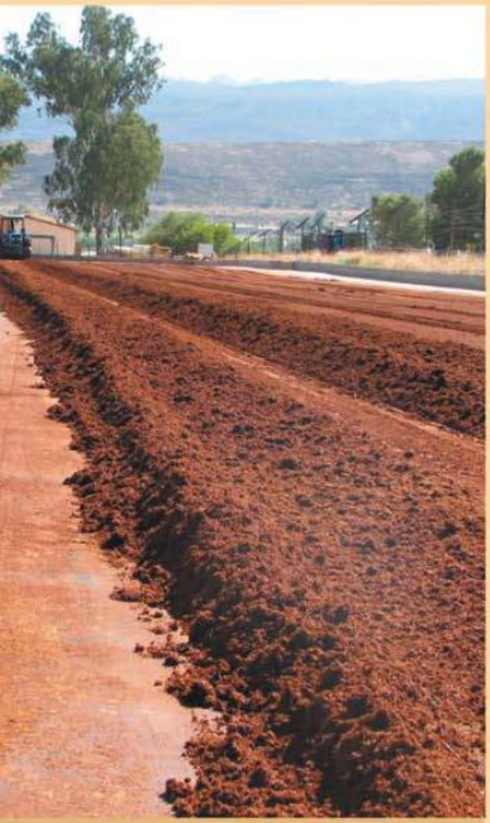

Rooibos Limited built a huge warehouse in which is stored both conventional and organic rooibos. In it is enough rooibos to guarantee that they will be able to supply the growing demand for their product. They are the leaders in private labeling, blending, extracting, and flavoring.

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The in-house laboratory and research center was fascinating. One of our last lessons was in the pristine Quality Control Department where sophisticated gas chromatographs evaluate the rooibos to ensure that levels of chemical pesticide residues are well below the allowed level. When we arrived at the immaculate tasting room we were eager to taste several grades of rooibos, including a green rooibos. The tour ended with a brief visit to the gift shop where we enjoyed a creamy rooibos cappuccino.

Above: Pearl Dexter tasting rooibos.
Below: Paul Hayes comparing infused and dry rooibos.

For in depth information please visit:
www.rooibosltd.co.za

The wild rooibos bush.

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The next day on our way to the Cederberg Wilderness we trekked along rocky slopes to climb into a nearby cave that had fascinating ancient rock art. Some of the paintings date back 300 to 6,000 years ago. Johan later took us in search of wild rooibos in the Cederberg Wilderness against the lower cliffs. This place is part of the Cape Nature Conservation land, home to the indigenous cedar tree. People from all over the world come to hike and walk the rocky trails. The landscape is full of boulders and rock formations, of which the distinctive 'Maltese Cross' is one. He said that leopards are often spotted in that region. We saw no leopards, but did see a small *dassie* (an African rodent found among rocky outcroppings) spying on us from atop a nearby rock. I'm happy that we didn't encounter any of the snakes that live among the rocks.

Native tribes discovered the rooibos bush hundreds of years ago and cut it, dried it, then boiled the leaves in water to drink as a healthy tonic. South Africans have enjoyed the beverage for over 50 years. Now they have cultivated this native plant and ship it near and far. Long before it reached American shores, it was quite popular in Europe.

Mr. Redelinghuys arranged a meeting with Professor Jeanine L. Marnewick (PhD) from Cape Peninsula University of Technology, in Bellville. She set up the Oxidative Stress Research Centre in 2007 and manages a study on oxidative stress with 12 students. Prof. Marnewick also works closely with people in the rooibos industry.

A good drink that has a soothing effect on the body, rooibos contains the essential minerals, iron, potassium, and copper, which aid our metabolic functions. It promotes healthy skin because it is rich in zinc and alpha-hydroxy acid. The versatility of rooibos extends into cosmetics and beauty products. I brought back rooibos facial scrub, soap, moisturizer cream, and shampoo. The cream aids irritated eczema-like skin and improves overall complexion.

Rooibos blends well with other flavors for drinks, desserts, salads, soups, and main courses. For the health conscious consumers, the beverage is positively attractive. Naturally free of preservatives and added color, the major appeal is that the drink is caffeine free and rich in antioxidants. Rooibos is ideal for children and a perfect drink at bedtime. It is delicious iced, hot, or as a frothy rooibos cappuccino.

Not everyone can escape to the big land of the ancient, wild, and raw rugged beauty of the home of rooibos, so I invite you to make yourself a pot of rooibos and vicariously take this magnificent journey as you sip one of nature's nectars.

Right: Rooibos stem and axles.

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Grace Tea Company

acquired by

MARK T. WENDELL TEA COMPANY

Mark T. Wendell Tea Company, a premium tea importer and distributor since 1904, announces the acquisition of The Grace Tea Company. The Grace Tea Company will continue to operate as an independent corporation to ensure continuity in product and service.

Since its founding in 1959, this New York City specialty tea company has been known for its unique blends under the "Grace Rare Tea" label. The owners of Mark T. Wendell Tea Company, Elliot and Hartley Johnson, have made a commitment at preserving its unique heritage to ensure Grace Tea brands continue to thrive. Their focus will be to carry on the Grace tradition of providing the finest teas, classic product elegance, and superior customer service. Over time the Johnsons plan to expand the range of products to include high quality green, oolong, and white teas, as well as brewing accessories. "Our classic rare tea blends were created by Grace's founder, Frank Cho, an expert tea taster during his time who had the ability to taste the nuances of various combinations of tea leaves. His blends of various Keemun, Yunnan, Lapsang, Assam, Oolong, and Jasmine teas are still available to our customers today in their original formulations. A lot has changed in the world of specialty teas since the 1950s, so we hope that by adding some new styles of teas to our popular offerings, we will be able to provide our customers with the opportunity to expand their tastes to all the types of tea available to us today," said Hartley E. Johnson, co-owner.

Above photos:
JOHNPOLAKPHOTOGRAPHY.COM

The Johnsons had been managing the blending, packing, and shipping for Grace since 1992, so the decision to purchase Grace and preserve their heritage was a logical business decision. "Our familiarity with this unique tea brand and customer base has allowed a smooth transition of ownership. We are excited at the opportunity to continue this business and maintain the same philosophies as Mr. Cho, and our immediate predecessors, Marguerite and the late-Richard Sanders. Their philosophy of 'keep it first class, but keep it simple' is an idea that we embrace and shall continue for many years to follow," said Hartley E. Johnson, co-owner.

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The change in ownership prompted a migration of Mark T. Wendell and Grace Tea Company to a new, state-of-the-art facility in Acton, Massachusetts. The corporations will be managed separately and maintain their respective product lines, but centralizing operations will generate efficiencies. The new facility will house all sales, administration, and operations of the tea companies in one location. The facility includes a climate controlled product storage warehouse, a specialized tea blending and packaging room, and a larger shipping and receiving department with improved access for customers. This relocation comes after 32 years in West Concord, Massachusetts to accommodate growth due to success in both flagship brands and new product introductions, like the Manhattan Tribute Blend, which donates a percentage of sales to cancer charities. Mark T. Wendell will continue new product development and expansion of product lines this year.

"As one of the oldest, continuously operating tea importing firms in the United States, this is another step in our storied history. The modernization of Mark T. Wendell Tea Company will allow us to continue as a leader in the Specialty Tea Industry for future generations," said Eliot H. Johnson, co-owner.

Above: Elliot Johnson (left) with his son and co-owner, Hartley Johnson (right). Left: Hartley with the next generation of Johnsons in the warehouse. Photographs courtesy of Mark T. Wendell Company.

About Grace Rare Teas

Established in 1959, the Grace Tea Company has been known for offering only the finest large, unbroken tea leaves. The single origin teas and tea components used in Grace's custom blends are hand-picked from the finest tea gardens and estates of China, Taiwan, India, Sri Lanka, and Japan. Grace Rare Teas have won six prestigious awards at the International Fancy Food Shows, including the Esthetic Award for outstanding packaging and Distinguished Recognition in the Fine Food category.

~ ~ ~ ~ ~ ~ ~

About Mark T. Wendell Tea Company

Established in 1904, Mark T. Wendell Tea Company was purchased by Elliot H. Johnson in 1971. They select and purchase only the finest teas from growing estates and importers from around the world. They offer over 65 estate grown black, pu-erh, oolong, green, and white specialty teas, 8 signature tea blends, 9 herbal and fruit tisanes, and an expanding selection of organic and fair trade teas. Mark T. Wendell Tea Company is the global distributor for Boston Harbour Tea and serves as one of the select United States distributors for Lifeboat Tea, Indar Tea, London Fruit & Herb Company Teas, Heath & Heather Herbal Infusions, and Foojoy Chinese Teas.

The Mark T. Wendell Tea Company announces its acquisition of the Grace Tea Company; commitment made to maintain the integrity and history of the brand. All operations relocated to:
14-A Craig Road in Acton, Massachusetts.
www.gracetea.com
www.marktwendell.com
Tel.978.369.3709

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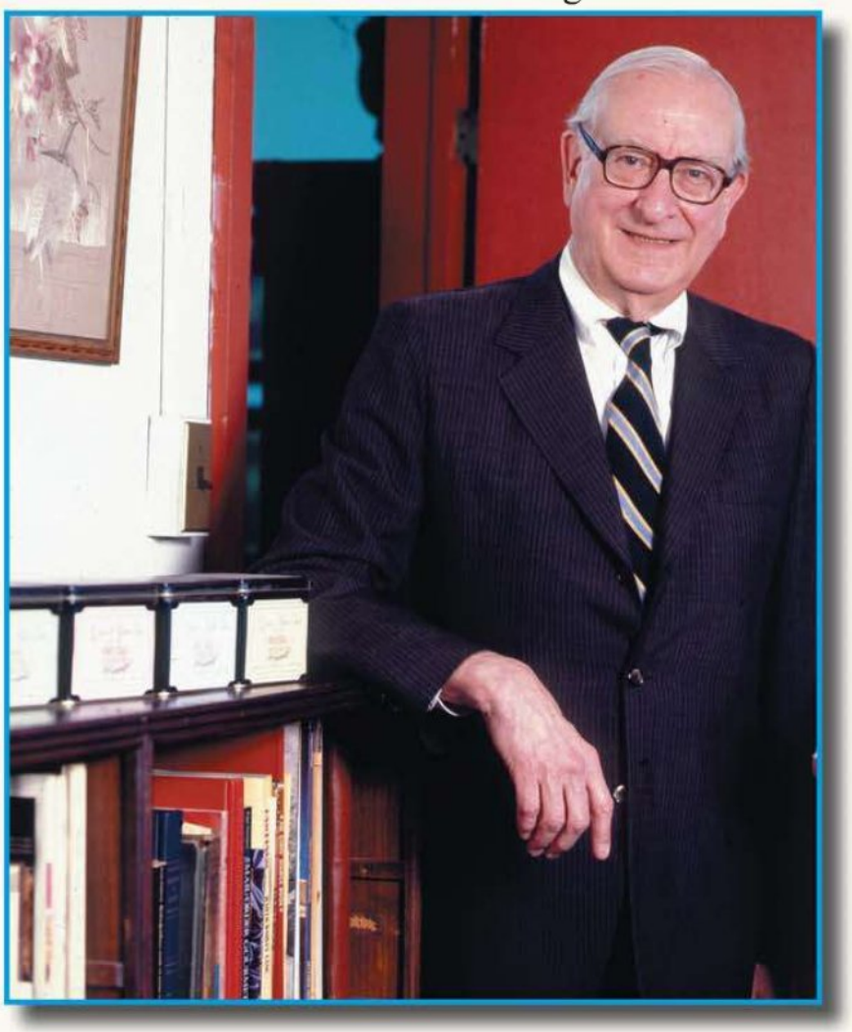
Remembering RICHARD G. SANDERS by ELLIOT JOHNSON



It is with great sadness that the Mark T. Wendell Company announces the loss of Richard G. Sanders, co-owner and operator of Grace Tea Company.

Mr. Sanders passed away following a brief illness at his home in New York City. He is survived by his wife, Marguerite, who co-owned Grace Tea Company with him since purchasing it from the company's founder, Frank Cho, in 1979.

Richard Sanders had an extensive background in specialty foods and tea. For many years, he served as president of Borden's special products company and later went on to co-own with Marguerite, China Bowl Trading Co., Ltd. His avocation was cooking and for several years, he wrote restaurant reviews under the name of "The Fabian Sanders Reports." His focus with Grace, known also as "Grace Rare Tea," was to operate a small business with unique blends, carry the finest products, and provide outstanding customer service.

Richard Sanders was known by me and-many as Dick. He had old-school values, and those philosophies helped Grace to thrive, as he never compromised the quality or value of his product. He helped to educate numerous specialty food business owners about the importance of specialty teas during an era where high quality tea began to emerge into the marketplace.

My son Hartley Johnson, co-owner of Mark T. Wendell remarked: "What struck me about Dick was his attention to every single customer's specific needs. It could have been a question about one of his teas, a suggestion or general comment, no matter the situation; he took every correspondence very seriously. He knew that you were only as good as your customers allowed you to be. He once told me about his commitment to delivering the best products to his customers, and to always doing it with a smile on; I recall him saying 'for a small company, your satisfied customers are your most prized assets.'"

I have had the pleasure of working with Dick for most of my business life. Our business relationship transcended both the years before his purchase of Grace Tea Company and after. In 1992, Dick approached me to move our long-standing association to a new, more personal level. We became completely interwoven with the operation of Grace Tea Company. Dick, running the marketing and office operation, and I handled the day-to-day buying, blending, packing, and shipping of Grace Teas. The years of working together continued to cement our personal relationship. Dick's passing has left me with many fine memories and the utmost respect and admiration for who he was. Dick could be summed up as a true gentleman. Always respectful of people, even in disagreement, a fine example of how civilized people should behave. My life is richer for having known him."

Dick Sanders will be missed but his spirit will live on, as the Mark T. Wendell Tea Company will carry on the Grace Tea Company traditions out of their Massachusetts headquarters.

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Vic Ferretti Honored

by Joseph P. Simrany

Keeping with a long standing tradition, the Tea Association honored one of its own at its Annual Holiday Party. This year's honoree was VIC FERRETTI on his retirement after 51 years in the tea industry. The event was held at the Lotus Club, a beautiful private club located at 5 East 66th Street in New York City on the evening of December 7, 2009. His wife Doris, their two daughters, Karen, Michelle, and Michelle's husband, Michael, accompanied Vic.

The gala event was attended by over 115 guests in a room that comfortably holds 100. The Tea Association was reluctant to turn down those who wanted to attend. But eventually they were forced to cap the number as it was becoming physically impossible to fit them into the room.

The sell out crowd is a testament to the popularity of Vic Ferretti and to the fact that over the years he has made many friends in the global tea industry. Guests attended from all over North America and three other continents, Europe, Asia, and South America. Peter Goggi of Unilever served as Master of Ceremonies of the event heaping praise on Vic sprinkled with humongous amounts of humor as only he could do. Peter introduced several other speakers, all at their own risk, including the Chairman of the Tea Association William Bowron, Richard Enticott and Nick Salza of the Martin Bauer Company, Enrique Urrutia of Las Treinta (Argentina), George Richards, Ralph Genzano, Barry Cooper, and me.

Vic had his start in the tea business in 1958 as a QC Technician for Standard Brands (Tender Leaf Tea). He worked at Standard Brands for twelve years rising to the position of Department Supervisor for Package and Tea Bags manufacturing. In 1970, he joined Dodwell & Co Ltd. (a British Trading Company) as a Sales Manager, then as an Assistant Office Manager. Another British Trading Company eventually purchased Dodwell: Inchape PLC. Following Inchape's departure from New York in 1977, Vic and fellow employee Ken Ikeda formed their own tea importing company called Kentea Limited. In 1997 Vic and fellow employee Nick Salza, purchased the controlling interest in Kentea Ltd. with Vic taking on the title of President & CEO. In 2008 Kentea Limited was sold to the Martin Bauer Group.

In January 2009, Martin Bauer, Inc. was formed by the consolidation of the four North American operating businesses of Plantextrakt, Martin Bauer NA, Martin Bauer, and Kentea. Martin Bauer, Inc. provides access to an array of products in North American markets including leaf tea, dietary supplements, decaffeinated tea, herbal, and botanical extracts.

What defines Vic's success and popularity in the tea trade has less to do with the chronology of his job titles as it does with the character of the person. In many respects Vic Ferretti epitomizes the character of the tea industry itself; a place where a person's word is as good as a formal contract and a place where a smile and a handshake opens and closes every meeting. Over the years Vic built his reputation as a friendly, kind, man who genuinely cared for the people he worked with including his employees, his suppliers, and his customers. He believes in giving back to the industry as much as he derives from it.

Early in his career Vic served as Director of the Associate Board of Directors of the Tea Association of the USA, Chairman of the Tea Tasting and Standards Committee, and for several years as a member of the Board of Tea Experts as mandated by the FDA Tea Act (1896-1996). In recent years, Vic served twice as Chairman of the Tea Association of the USA and also served as Vice Chairman and as a member of several Committees of the Tea Association.

During his spare time Vic enjoys making furniture for his friends, serving as Construction Chairman for a Musical Theater Group, and he is an avid amateur train enthusiast. In fact, the Tea Association in recognition of Vic's avocation for trains presented him with a plaque commemorating the occasion as well as a limited edition Swarovski Crystal Train set.

We wish Vic and his family well as he enters into retirement and thank him for the 51 years of dedicated service to the tea industry but, most of all for his friendship and the memories that he leaves with all of us.

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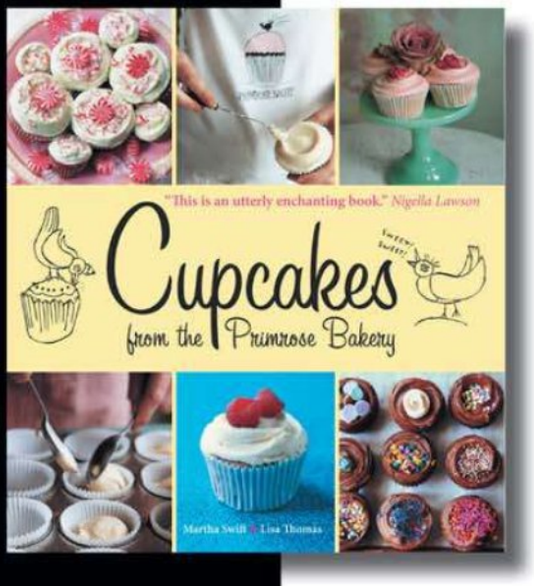
BOOK REVIEWS



Cupcakes from the Primrose Bakery
by Martha Swift and Lisa Thomas
Photography by Yuki Sugiura
Kyle Books, 2010
ISBN: 978-1-906868-08-6
Paperback $18.95

In London, the hottest place to seek out the best cupcake is the Primrose Bakery. Just ask Jude Law, Kate Moss, Elton John, Paul Smith, and Madonna, and they will agree. The Primrose Bakery opened in 2004, and was born from all of the magnificent cupcakes that Martha Swift and Lisa Thomas were churning out in their home kitchens for neighborhood birthday parties. As the demand grew to satisfy the sweet tooth of hungry clients like Selfridges Food Hall, Fortnum & Mason, and Fresh & Wild, they moved the operations to their ever-popular Primrose Hill location and later opened an outpost in Covent Garden.

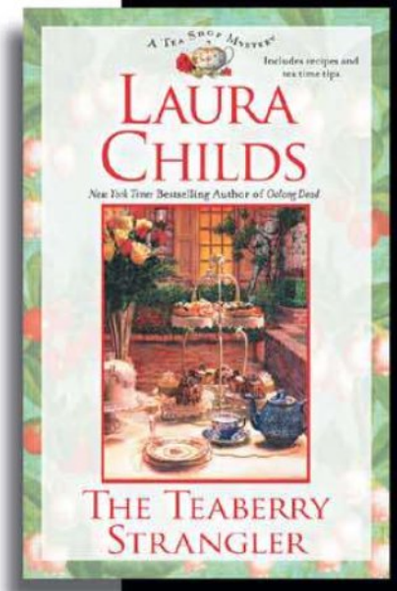
In the U.S., we can taste these small and seductive little cakes when we prepare the recipes from Swift and Thomas' new book *Cupcakes from the Primrose Bakery*. With lavish photos and delectable recipes, Swift and Thomas share their artistry for creating a truly beautiful cupcake. They began with the basics—accompanied with step-by-step photos—with separate chapters on how to make simple cupcake recipes (vanilla, chocolate, lemon, and carrot), how to ice a cupcake properly, and using decorations for anytime, seasonal, and special occasion treats. They always begin with quality ingredients, with no preservatives or additives, baked in a simple, old-fashioned way to make them look and taste amazing.

And, amazing they are! From Ginger cupcakes with Ginger licing and Orange Cupcakes with a Rose Buttercream to Blueberry Cornmeal Cupcakes, the possibilities for creating a mini-masterpiece for any occasion are endless. There are cupcakes for the seasons, icing inspiration for special occasions and holidays. There are even cupcakes for breakfast and tea time. We selected the Earl Grey Cupcakes freatured in the book for Mother's Day. (see page 10)

From the simple (Peanut Butter Cupcakes) to the sophisticated (White Amaretto Cupcakes) to the sublime (Caramel Cupcakes), *Cupcakes from the Primrose Bakery* is the ultimate collection for all cupcake lovers.

BOOK REVIEWS

The Teaberry Strangler
by Laura Childs
The Berkley Publishing Group, 2010
ISBN: 978-0-425-23245-3
Hard Cover $24.95



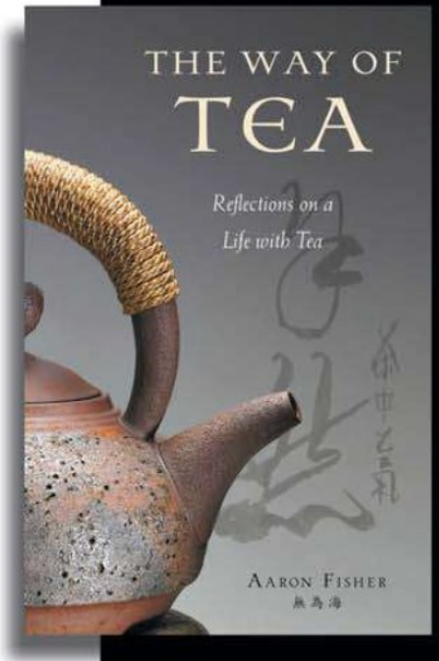
Laura Childs has given her fans another treat with *The Teaberry Strangler.* You may want to make some of the recipes like Frogmore Stew or Pecan Pie Muffins before you sit down with a pot of tea and escape to Charleston.

A back alley tour had certainly sounded like a tantalizing idea to Theodosia when she'd first conceived it. Shopkeepers dressed in historic costumes opening their back doors and inviting visitors in for tea, Charleston cookies, steaming bowls of shrimp chowder, and special prices on antiques, oil paintings, giftware, sweet grass baskets, and leather bound books. And of course, tea and savories served at her own tea shop.

Theodosia suddenly has second thoughts about venturing out alone. Eventually she sets out, but things quickly take a bad turn when the owner of the map store is found strangled.

See ad on page 3.

The Way of Tea—Reflections on a Life with Tea
by Aaron Fisher
Tuttle Publishing, 2010
ISBN: 978-0-8048-4032-3
Hardcover $19.95



In Aaron Fisher's introduction he states, "I write not to add to a growing list of scholarly facts on tea. Instead I want to approach my reflection on tea—its history, development, and appreciation over time—from an intuitive perspective; that is, to inspire the heart not the mind." His words are a gentle expression of his own experience drinking and studying tea.

He shows readers how in the modern world the way of tea does not need to be some somber religious ceremony, but can instead be a path for anyone to experience and share inner peace, relax the ego, and be free and open—an excellent recipe for a life well lived.

The TEA LADY in Washington relocates!

"The longtime downtown Olympia business Tea Lady has moved to a new location, a decision largely spurred by the need for more room" the headline in The Olympian newspaper read on August 14, 2009. "This month Tea Lady moved into 3,133 square feet in the Wildwood Building at 2828 Capitol Boulevard S.E., up from about 2,100 square feet at the old location in downtown's Capitol Theater building," the article continued.

Carol Welch (owner) decided to move the business when a larger location with ample parking became available just as Carol and her husband, Felix D'Allesandro, were planning to renovate their existing space. "I would move our shop there in a heartbeat if it ever opens up. It is larger, has great parking and is on a busy main street," Welch often mentioned to her husband. A friend told her a state agency would be moving out of the space July 31, 2009. Welch sent a letter to the building owner the next day. Three weeks went by without hearing anything despite a second letter, e-mails, and voice messages. Welch and D'Allesandro pondered whether to go ahead with the remodel. They had misgivings because they had just learned their building had been listed for sale. Finally, however, the owner of the new building left a voice mail to set up a meeting. Things moved quickly after that.

It was now mid-June. "We worked with our long time shop manager, Cari McCarty, to set out an ambitious schedule to demolish the many office walls in the new space and remodel it. We said we would do all of this in one month, opening August 1st. We did it on schedule and a few dollars under budget." Welch said.

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Left: Carol Welch serving customer Robin Gunn on opening day.
Left center: Cari McCarty, manager with longtime customers.
Right top: Tully Swanberg and wife.
Right bottom: Felix D'Allesandro and Kurt.

Tea Lady, which sells more than 700 kinds of teas and accessories and features a tea bar, was downtown for 14 years, nine of which were in the Capitol Theater building. Welch said she loves downtown Olympia, but acknowledged that some of her customers with mobility issues had difficulty accessing the old store. There is very little parking downtown. Our new location has 28 parking spaces.

Fourteen years ago, Tea Lady started with no employees in an antique mall but today has grown to a staff of eight and continues to grow even in this slower economy. She attributes that steady growth to more people spending time at home and drinking a healthy product that helps them feel comfortable and reduces stress.

Tea Lady sells all kinds of tea—green, black, white, oolong, herbal tisanes, and a selection of British foods and snacks. Green tea is one of the store's most popular teas. A newsletter regularly updates customers on top-selling teas and special events. Customers like the concept of a store that caters strictly to tea. The new store also feels much more open, and the tea bar is a frequent meeting place and is often booked for tea parties.

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* We neglected to mention that A SPOT FOR TEA in Oklahoma was featured on the cover of the book *Mini Teatimes* that was reviewed in the last issue of *TEA*. Also two of their recipes were included in the book. Our apologies.

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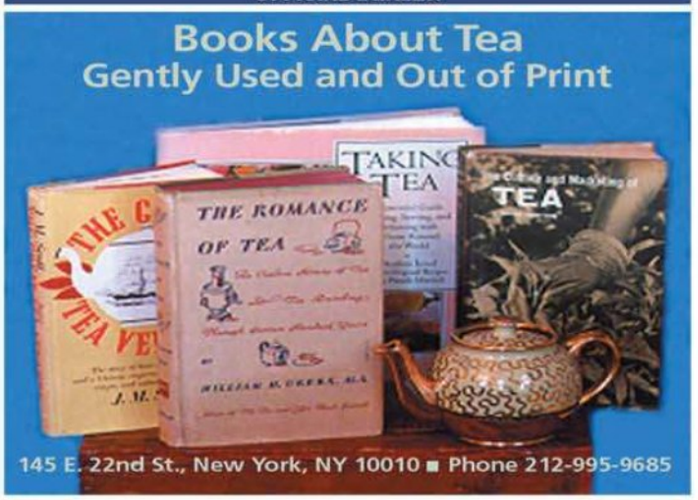

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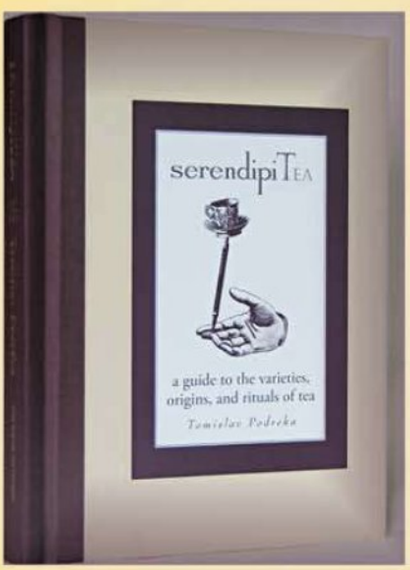

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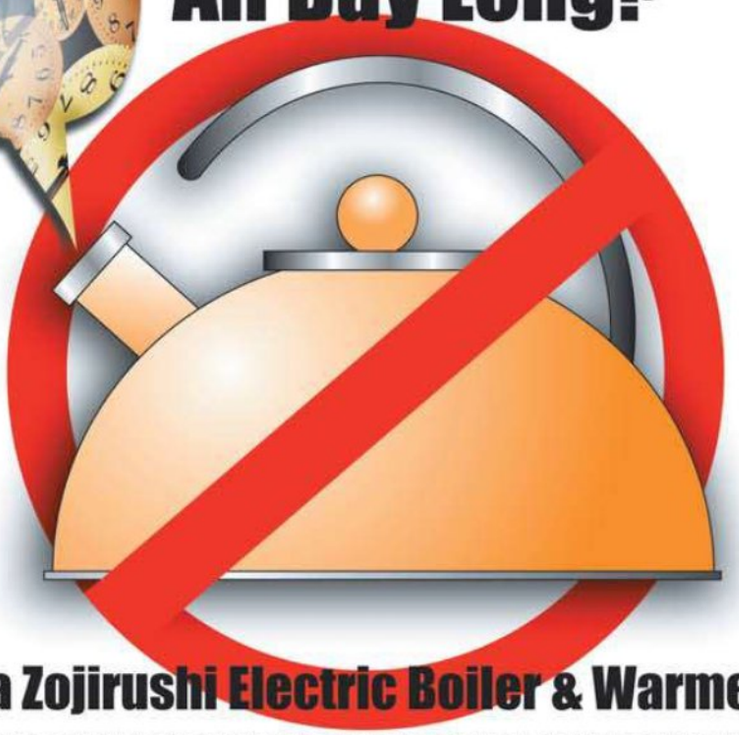

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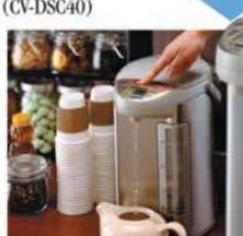

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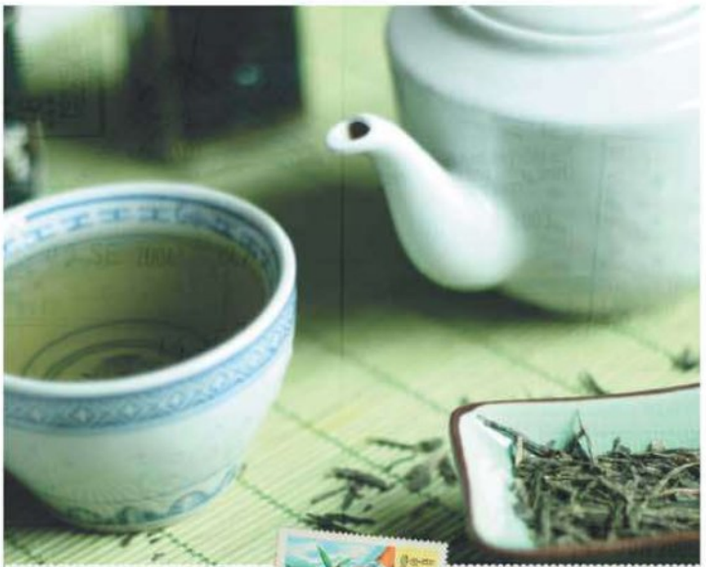

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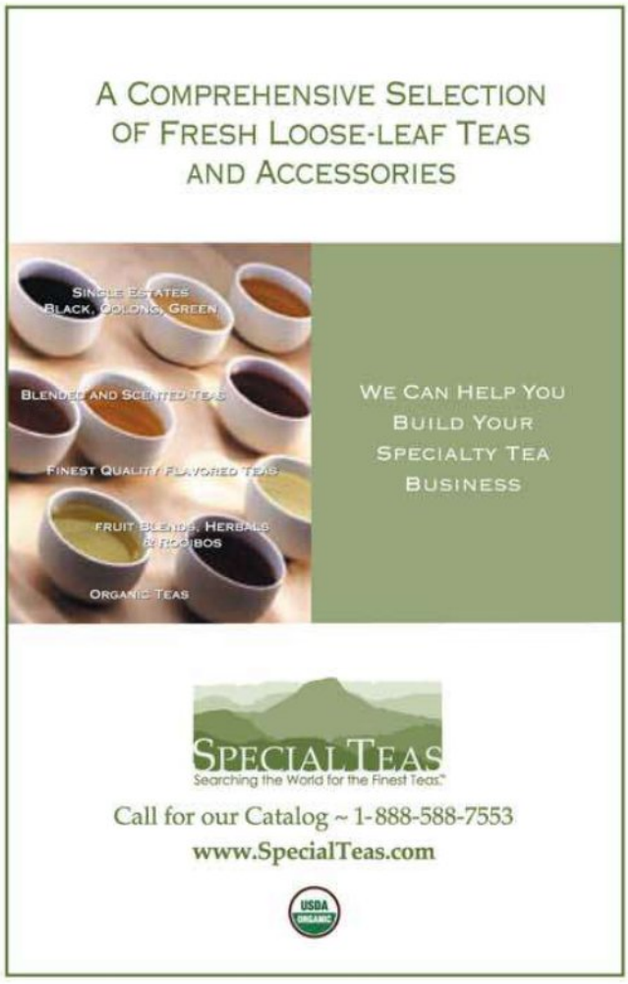

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Dear TEA:

Many thanks for sending me the Winter issue so I didn't miss it. I've already read half of it and love Pearl's cozy & beautiful colonial fireplace and the cute dogs. I'm already planning to try the carrot cake recipe and the Angel Clouds sound/look tasty.

Regards,
Gail Meyers
Katzenthal, France

Dear TEA:

Thanks for another great issue. Especially enjoyed the article on Oswego Tea. Hoping you include more articles on herbal teas. The stories and healing benefits on herbal teas are immeasurable. My only negatvie comment about recent issues is "too many recipes."

I often research and order teas from your advertisers. Den's Tea proved to be outstanding. The quality, flavor and aroma of the tea (direct from Japan) via Den is an awakening as to what Japanese tea should be.

Looking forard to spending another two years together enjoying the blessing of *TEA*.

Sincerely,
Celine Karamanos
Trout Creek, Montana

Dear TEA:

Once I found your magazine I just had to get in touch. We (my wife Jean and I) regularly, since 2001, have been going to the USA. Always trying to visit new areas each time. This year we did Denver and the Black Hills of Dakota.

What always frustrates me is that when you have a meal out no one seems to have any idea how to make a cup of English breakfast tea. They are normally very badly done and taste like lukewarm water.

Can you advise people through your magazine: If they are making tea for English guests the tea is made from boiling water... Anything less and it is a failure. Then it is served with milk and sugar which the guest will add to taste. I know it is a very simple thing. But the failure to do this has disappointed me time after time. I hope you can help.

By the way apart from this we love America and would live there rather than England if we could.

Best Wishes,
Eddie Clarke
Buckinghamshire, UK

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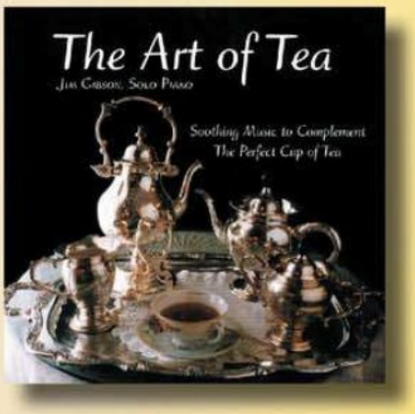

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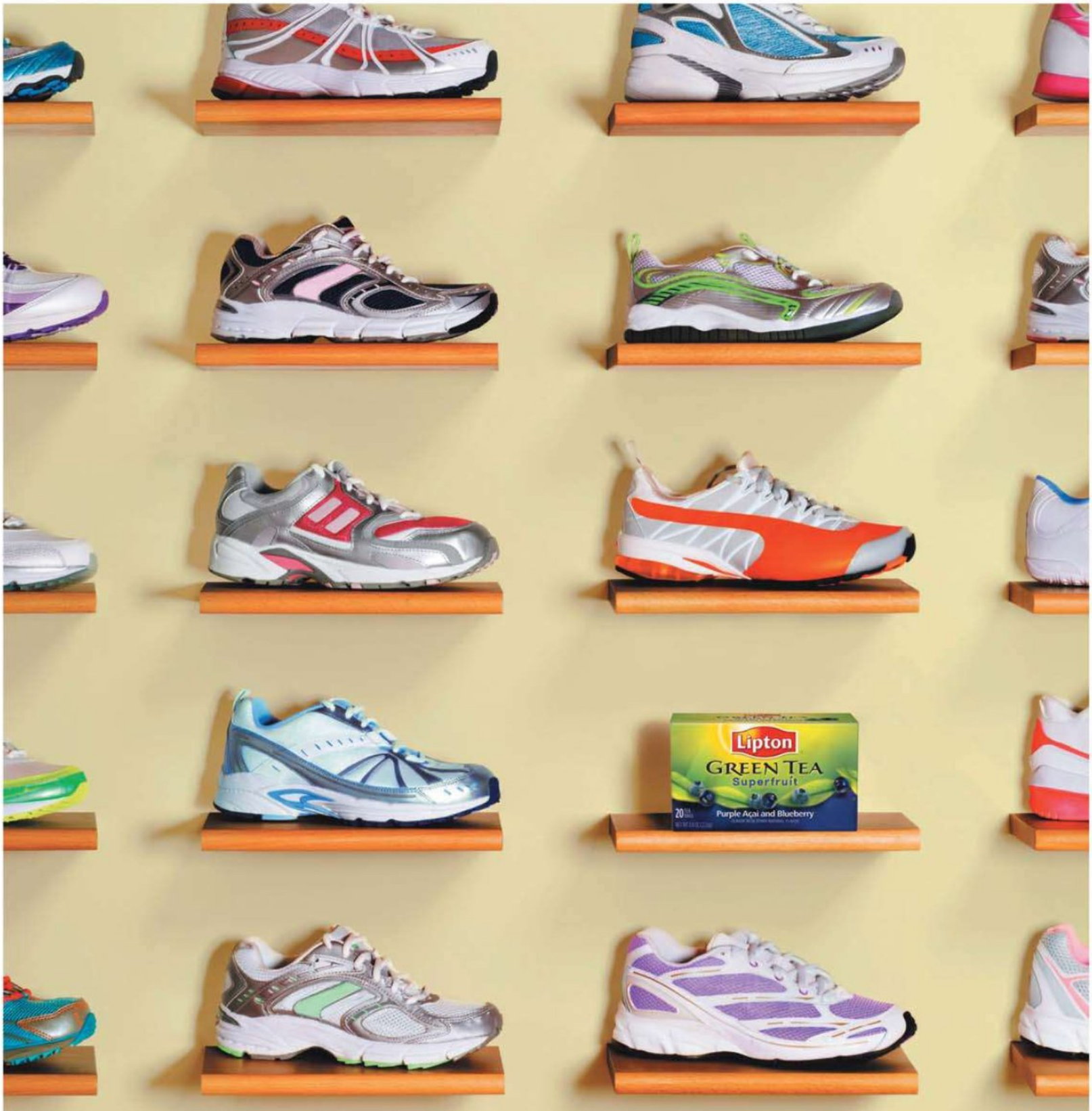

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A MAGAZINE

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CORRECTION: In every publication we try our hardest not to have any errors, but yet we still do because we are human. The Amish always drop a stitch in a quilt to show that there is only one perfect being. Maybe that's what publishing is all about. In my last letter I referred to desserts as deserts. I wonder how many caught my error. Regretfully, we made a big error in our last issue indicating on page 14 in the title of the story that The Tea Lady was relocating from Oregon. It should have been WASHINGTON.

COVER PHOTOGRAPH: Gold teacup and saucer with flowers inside cup. Markings: letters RKW and the numbers 59. BAVARIA Made in Germany.

Dedication: As Johann Sebastian Bach dedicated his music (by which I have often sipped tea), I also dedicate this work TGBTG. - Ed.

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Letter *from the Editor*

Left: Jane Pettigrew and Pearl Dexter taking turns using the scythe to cut rooibos on a farm in the Cederberg area of the Western Cape, South Africa. Photograph by Gerda de Wet.

Dear Reader,

I travelled to South Africa in early February with my friend Jane Pettigrew. We learned about rooibos, a plant indigenous only to the Cederberg area on the Western Cape. The manufacturing and processing has some similarities to the real tea—*Camellia sinensis*. I was surprised to realize how much time was involved in growing and processing this product. We had an exciting and educational visit with a scientist studying the health benefits of rooibos. I not only brought home some rooibos to drink, but also beauty products with rooibos as an ingredient. Like the real tea, it has many facets. It can be a beverage, used as an ingredient in recipes, and added to beauty products. It has made a big impact with the people who prefer no caffeine in their drinks. *TEA* was one of the first to report about rooibos in 1999 (issue #21) around the time that its popularity with many tea vendors was rising in the United States.

How far would you go for the perfect cup of tea? Alan Whelan gives us a peek into his quest for a good cup of tea as he travelled by motorcycle from Lancashire, England to Cape Town, South Africa. An excerpt from his book "African Brew Ha-Ha" is on page 20.

What really matters in business? Integrity, for sure. Two gentlemen in the tea business come to my mind immediately—Vic Ferretti of Kentea Limited and Richard Sanders of Grace Tea Company. As a consumer, you may never have heard those names, because they are men behind the scenes, ensuring that quality tea arrived at our tables. Many of you have sipped the very tea that they procured and had packaged for you and me.

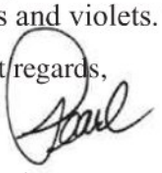
Let me start with Vic. I met him and his wife Doris back in the 90s. They greeted me at a tea function in New York and told me that they appreciated what *TEA A MAGAZINE* had done for the tea industry by educating and entertaining the consumer. I will never forget their words of encouragement. Vic, along with his colleagues, had the monumental task of making sure that his company imported fine tea from around the world. He contributed a lot of his time to the industry by serving as a board member and on different committees. His knowledge of the tea importing business and tea itself is phenomenal. Vic retired this past year. But I'm sure that we will continue to see him at upcoming tea events. Congratulations Vic!

I did not see Richard at many social functions. I met him and his wife Marguerite at their tea headquarters in New York nearly fifteen years ago. It was clear to me that they were genuine people with gentle manners who were ahead of most in their pursuit to provide specialty teas for the consumer. Richard passed away recently. He will be sorely missed by so many. Our condolences to his widow Marguerite. We are pleased to apprise readers that Grace Tea Company will continue under the masterful stewardship of the Mark T. Wendell Tea Company from Massachusetts. We featured a story on Grace Tea in 1996 (issue #8). Whenever I would see Richard and Marguerite at the annual Fancy Food Show in New York, they always had copies of that article for their customers. They were proud to be featured in *TEA* and quietly promoted our success.

The Tea Lady from Washington, a long time seller of *TEA*, was featured in our last issue. Unfortunately, we named the wrong state in the story title. Because we value the printed word and our customers, we gladly chose to re-print the article with the corrected copy.

It has been a long cold winter, but at last we can welcome the renaissance of spring. Soon after the first appearance of the crocus I knew that the daffodils and violets would be blooming. While I sit on my terrace and sip tea I am thrilled by the music of singing birds and the sight of those daffodils and violets. The cover for this issue is our tribute to springtime. *TEA* is now available on the new iPad.

Warmest regards,



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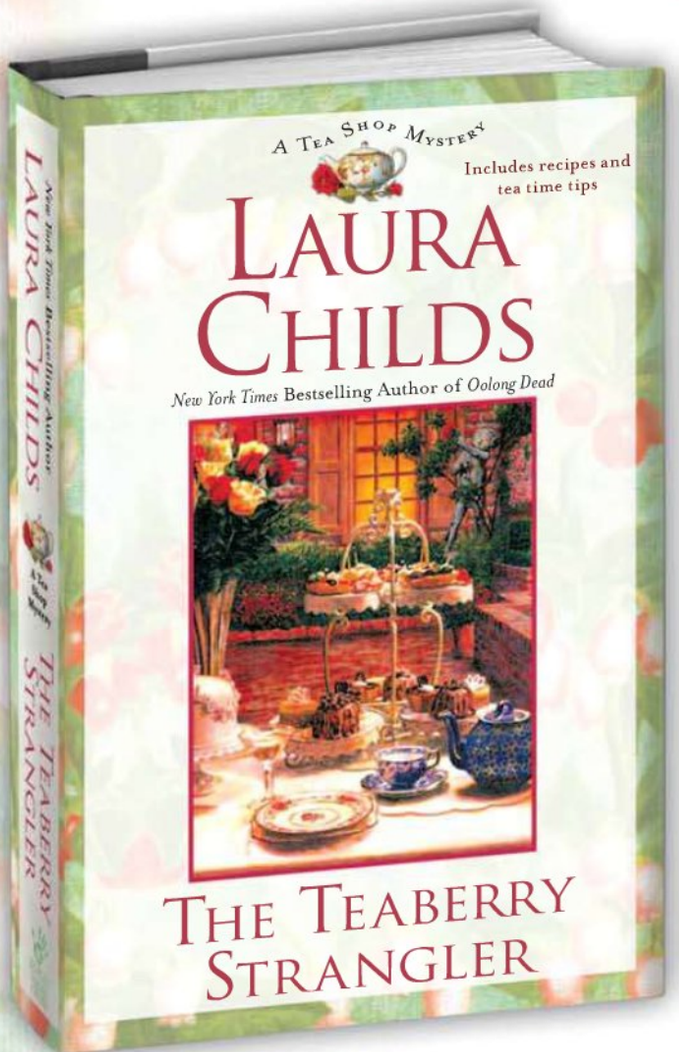
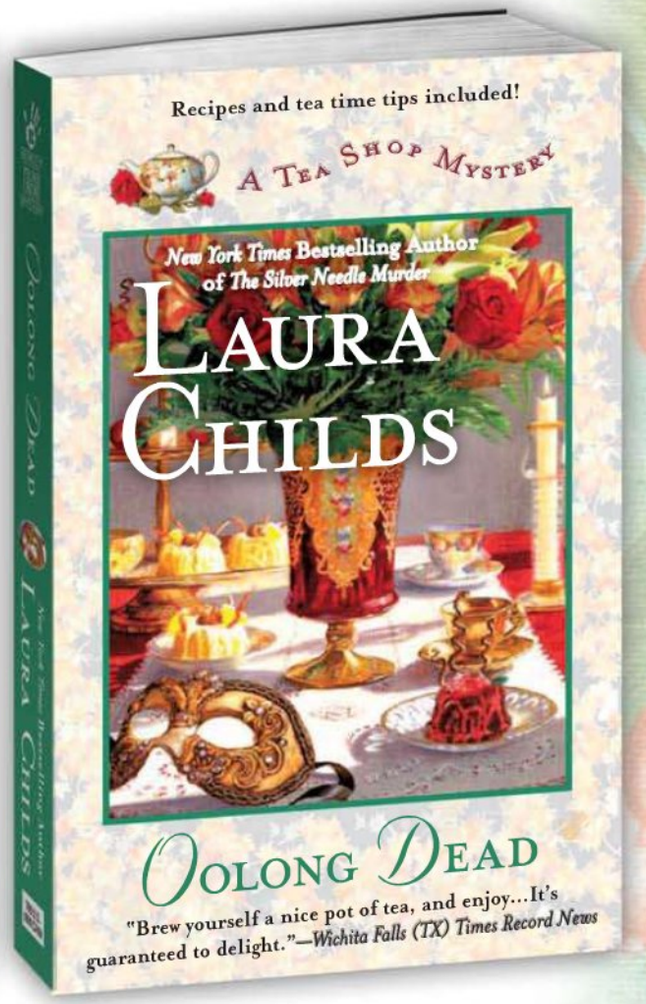
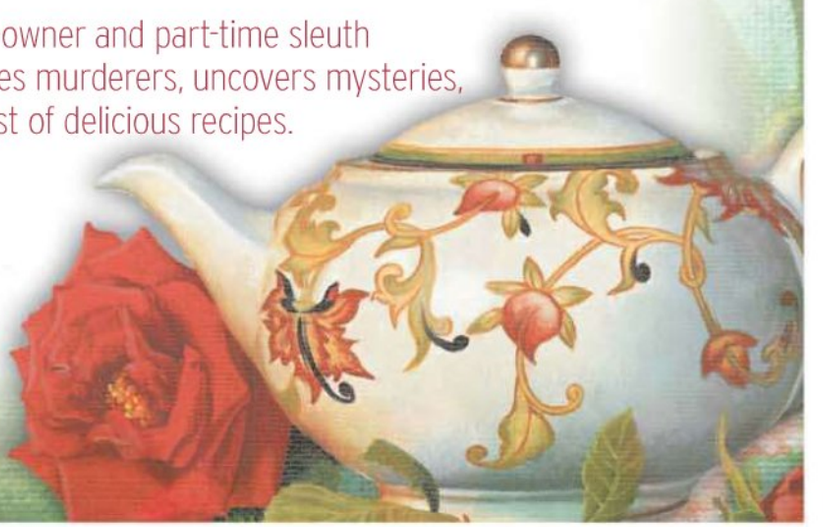




Join Charleston teashop-owner and part-time sleuth Theodosia Browning as she dodges murderers, uncovers mysteries, and serves up a host of delicious recipes.



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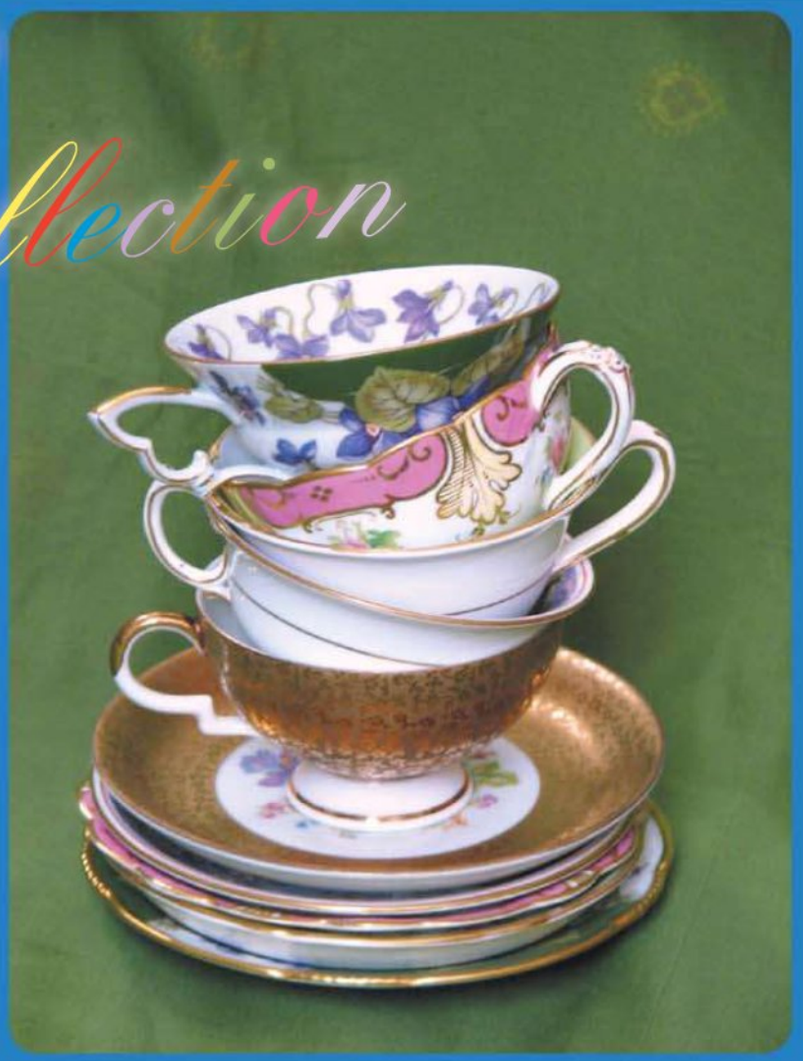

Enhanced digital by Christian Mumley.
Photographs by Pearl Dexter

Violets, roses, daffodils, and iris' are my favorite flowers. Our cover has all of these flowers and more in a teacup. It has several gold markings on the bottom of the cup and saucer: The number 59, the letters RKW, BAVARIA, and Made in Germany. It was made for export and is probably circa mid-20th century. The teacup with the violets was also made in Germany with markings MITTERTEICH, Bavaria, and Germany. It too was made for export and I believe may be c. mid-20th century. The other three teacups depicting roses are all from England, c. 1940s. Photographs of their markings are on page 6. I have seen thousands of patterns on teacups throughout the years. And it always amazes me when I see a different pattern from all the others. It seemed fitting to include these teacups depicting spring flowers for the spring issue of *TEA*.

When I was working on the image of the stacked teacups on my computer my 9-year-old friend Christian came into my office. He thought the background was rather bland, so I encouraged him to take hold of the mouse and change the picture to his liking. I, too, like it and hope that you will enjoy the comparison.

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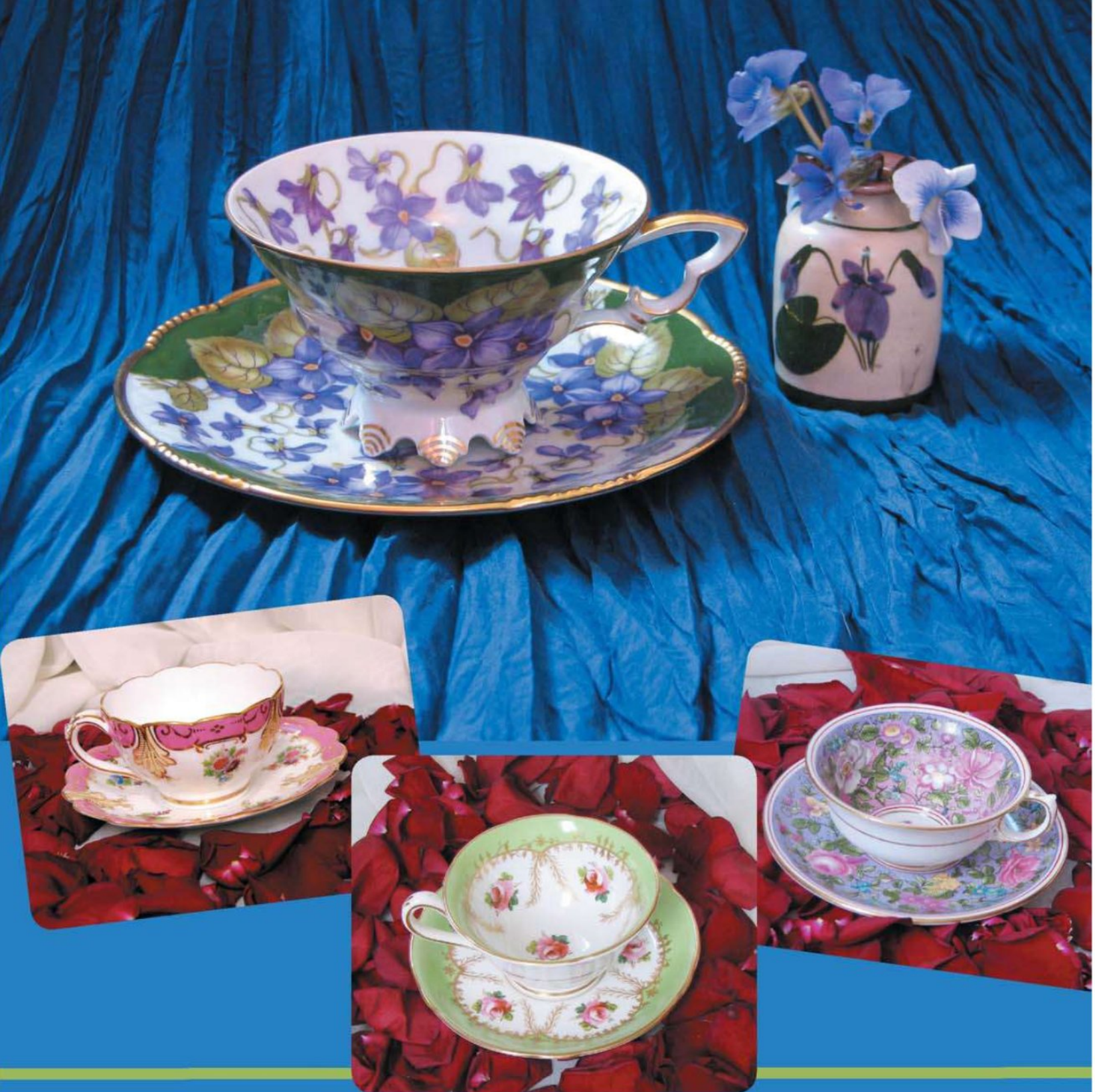

These are a Few of My favorite Things...

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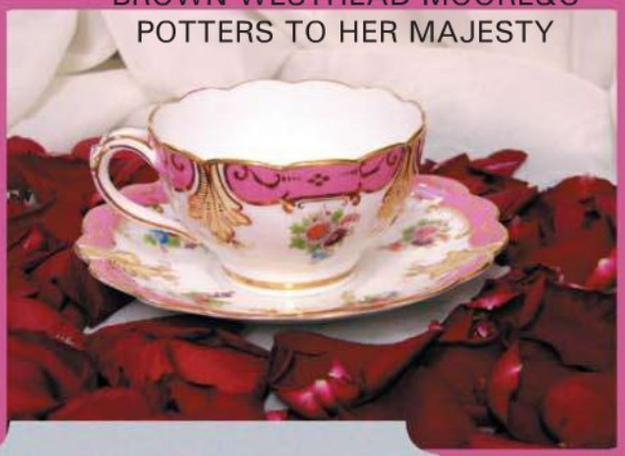
China Markings

Ye Olde English
GROSVENOR CHINA
Jackson & Gosling
ENGLAND
MADE IN ENGLAND

CROWN STAFFORDSHIRE
ENGLAND

CAULDRON
BROWN WESTHEAD MOORE&C
POTTERS TO HER MAJESTY



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One Last Pot of Tea

Story by Margaret Brinton

Spring had not yet arrived in Cedar Valley. A mild, winter chill prevailed in the April breeze. Sophia, in her 90th year, sat in front of the open window in her daughter Laura's home. As Sophia gazed out to the tranquil sky, she asked her daughter for a pot of fresh black tea.

"Careful! It's steaming hot!" Laura smiled, returning to her mother with a slate-colored stoneware teapot. Laura set the pot and a matching cup on an antique table. Then, she gently draped a soft shawl over her mother's aged shoulders.

Laura was about to comment on the photo album which her mother was leafing through when she heard her mother say, "I think I'll just enjoy this time to myself now dear. I want to look through my memories."

Laura gracefully made an exit back to the kitchen from where she could observe her mother sipping her second cup of tea and flipping through the photo pages. So as not to disturb Sophia's private reflections, Laura approached her without speaking and quietly poured the last cup of tea from the pot.

"Have you seen my little red book?" Sophia asked her daughter with fatigue in her voice. "I'd like to read through my story once again."

A portentous chill swept over Laura at her mother's question. Laura had noticed her mother perusing that little red book before bed just last evening. It was the self-published biography of Sophia's childhood years. "Do you know that your Uncle Robert and I were just toddlers when our mother died?" Sophia's voice had a tone of resignation. "This is a photo of our Uncle Harry. He and our Aunt Lila took us under their wings way back then."

Sophia had never spoken much of that tragedy. In fact, her brother's name rarely came up in conversation. In their adult years, Sophia and her brother had experienced an emotional distance.

"What is prompting mother's reflections?" Laura was asking herself somewhat in trepidation. She searched her mother's eyes intently, and through those two small windows, Laura had the sudden sensation of gazing into the reaches of eternity.

It was with extra care that Laura tucked a light quilt over her mother when she retired for a late-morning nap. Laura then went about preparing a lunch for the two of them, but with uneasiness in her spirit.

When Laura returned to her mother's bedside to rouse her for lunch, there was no response. But the smile upon her mother's face was serene, and the little red biography rested in its own peace upon Sophia's silent chest.

That image of final completion was what carried Laura mercifully through the gray days and months of bereavement. Perhaps her mother's last pot of tea had been the perfect settlement of a life's long journey. Through faith and tea, a sweet repose.

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Boiling

Written by Eve Hill

Illustration by Bill Dougal

If you are thinking that this might be a strange title for a space devoted to tea accoutrements, please re-think. Most tea brewing involves water with a temperature raised somewhere above room temperature and almost all black teas involve rapidly boiling water. What…you already know how to boil water? Yes, but we intend to consider what you use to boil it and the vessel used for the purpose.

The first thing that comes to mind is the often humble but quite useful teakettle, something that has been around for centuries. There are old drawings of a teakettle on a swing arm in fireplaces from long ago. Teakettles, by their design, are intended to boil water faster than an open pan and keep the water hot longer after it is off the heat. The early utilitarian ones were made from metal, usually copper, iron, or tin and some variation of metal kettles still sell best in America.

Designers of kitchen ware, who are usually artists specializing in industrial design, have had fun and let imagination and whimsy run loose sometimes with these. This has resulted in some teakettles that really get a second look on the stove. One of my favorites, no longer available, was a red one that had an outer side jacket that was a carousel design. When hot enough, it looked like the carousel was moving. These were sadly impractical and did not last, but they were fun to see. Michael Graves designed one for the Target stores that had a little bird stopper on the spout. The bird whistled when the water boiled. This was a huge success and sold out in a short time nationwide. There are collectors for the original ones now. Early Chantal enameled metal teakettles had a two-note harmonica whistle and sound a little like a train coming round the bend. One note sounds first and the second chimes in when a real rolling boil is reached. Other companies have had whimsical teakettles that resemble versions of Disney's Mickey Mouse, smiling spotted cows, chickens, and even a giraffe that boggles the mind.

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Water

A teakettle with a great reputation for longevity is the Simplex. These are made specifically for the kind of stovetop being used and there are two basic types, one for gas stoves, and one for electric. The company started in England just a couple of years after Queen Victoria died and have not changed their design much since then; they don't need to. The whistle is loud enough to alert almost anyone in the house or possibly the garden if the windows are open on a warm day. It comes in a copper or chrome finish and has been known to be handed down to another generation. The price is a bit steep but if one does the math in cost per year, it is a bargain for those who want a stovetop teakettle.

In England, self-contained electric teakettles are used for heating water for tea more often than teakettles heated on a stove. The Hobbs pot is the first that comes to mind, but there are many brands and people have their own preferences. Rooms for travellers in the UK usually have an electric pot available to heat water for tea, whether a B&B or a hotel. The UK electric system is different from the U.S. so even though Hobbs pots are available in the U.S. the wiring is not the same.

You can often find some excellent electric kettles advertised in this magazine and most of them seem to heat water faster than stovetop ones do, but this depends on the kettle. A favorite with many dedicated tea drinkers and also with tea room owners is the "Zopot" the Zojirushi kettle. Zopots have many advantages for people who make tea all day long and also can be set to the exact temperature for different teas that need a specific temperature to get the best flavor in brewing. These also come in varying models and colors. The Chef's Choice kettles are another brand that gets good reviews from many tea drinkers and the list goes on.

Many tea drinkers have more than one teakettle, often a stovetop one and an electric model. This is a wise idea for most of us. The teakettles of choice are as varied as the individuals choosing them. Probably the best way to decide on any new one is to consider how you intend to use it. Portability is an issue and design. Whether a funky giraffe, a timeless Simplex kettle or a sleek modern shiny one, everyone has a preference. My own has to either have a good whistle or turn off on its own after reaching temperature and I do use two different tea kettles. The editors of this magazine enjoy using the electric Chef's Choice and Zojirushi kettles that shut off automatically when the water comes to the temperature desired. What is your choice?

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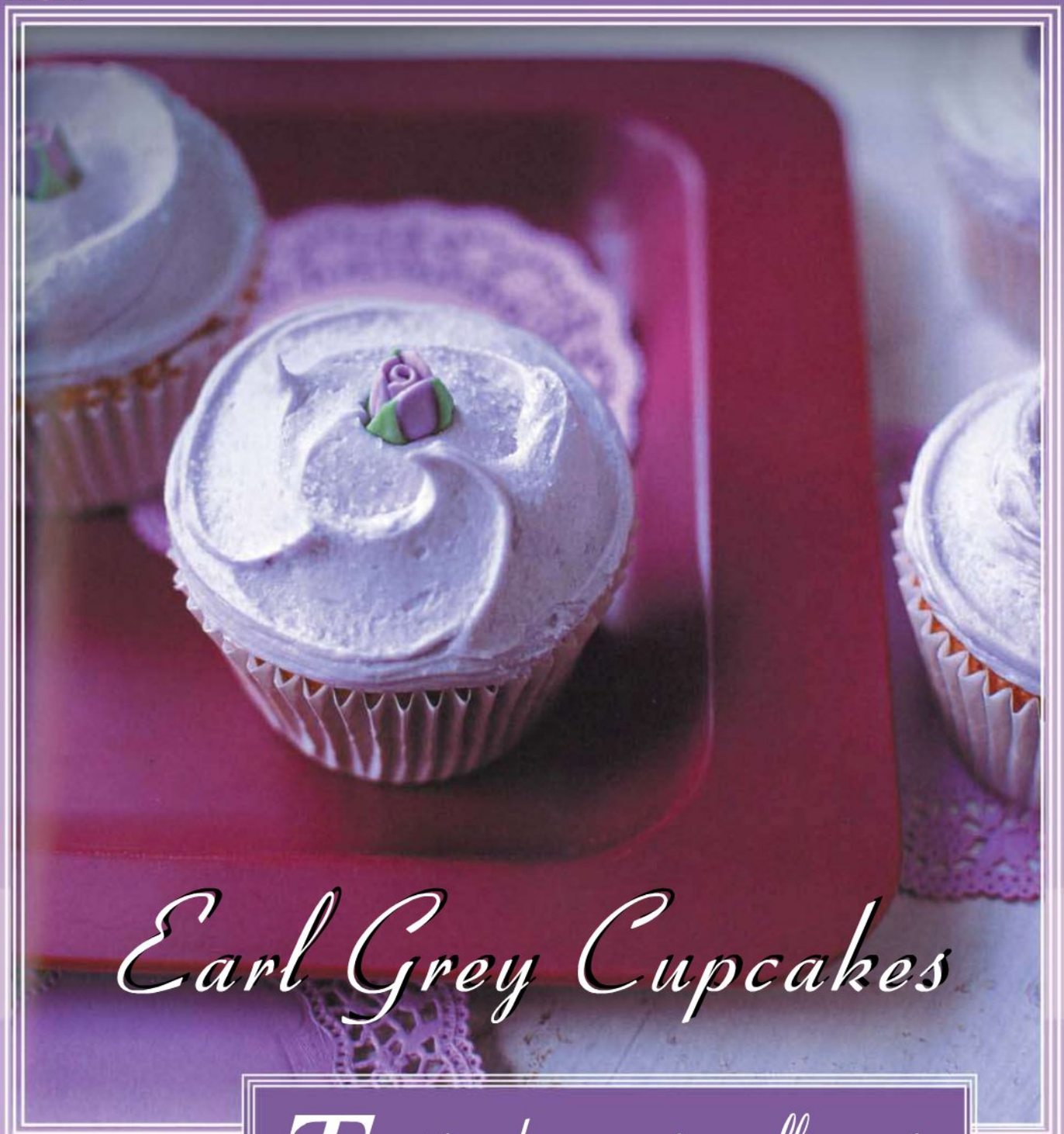

Earl Grey Cupcakes

The delicate **bergamot** citrus **flavor** of Earl Grey tea will intensify with every bite here. If you are a tea lover and have a fondness for a particular blend, you could easily substitute that one. We think these cupcakes make an ideal Mother's Day treat as they look so pretty piled on a plate at the center of a special afternoon tea.

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Ingredients for the Cake

1/2 cup 2% reduced-fat milk, at room temperature
4 Earl Grey teabags
8 tablespoons unsalted butter, at room temperature
1 cup plus 2 tablespoons granulated sugar
1/2 teaspoon almond extract (optional)
2 large eggs, free-range or organic
3/4 cup plus 2 tablespoons self-rising flour
3/4 cup plus 1 tablespoon all-purpose flour
1 batch of Vanilla Buttercream Frosting, colored lilac
Granulated sugar or sugar flowers

Preheat the oven to 350 degrees F. and line a 12-cup muffin pan with cupcake liners.

Heat the milk in a saucepan over medium heat until it just begins to boil. Remove from the heat and add the teabags. Cover and leave to infuse for about 30 minutes, then discard the teabags.

In a large mixing bowl cream the butter and sugar until the mixture is pale and smooth, which should take 3-5 minutes using an electric hand mixer. Add the almond extract, if using, and the eggs, one at a time, mixing for a few minutes after each addition.

Sift the two flours together into a separate bowl. Add one-third of the flours to the creamed mixture and beat well. Pour in one-third of the infused milk and beat again. Repeat these steps until all the flour and milk have been added.

Carefully spoon the mixture into the cups, filling them about two-thirds full. Bake in the oven for about 25 minutes until slightly raised and golden brown. To check they are cooked, insert a wooden skewer in the center of one of the cupcakes – it should come out clean.

Remove from the oven and leave the cupcakes in the pan for about 10 minutes before carefully placing on a wire rack to cool. Once they are completely cool, you could frost the cupcakes with lilac-colored vanilla buttercream and sprinkle with a little extra granulated sugar and sugar flowers.

Vanilla Buttercrean Frosting

2 tablespoons unsalted butter, at room temperature

1/4 cup 2% reduced-fat milk, at room temperature

1 teaspoon pure vanilla extract

4-1/4 cups confectioners' suger, sifted

Few drops of food coloring (optional)

In a large mixing bowl beat the butter, milk, vanilla extract, and half the confectioners' sugar until smooth – this can take several minutes with an electric hand mixer. Gradually add the remainder of the confectioners' sugar and beat again until the buttercream is smooth and creamy.

If you want to color your buttercream, always start with one drop of coloring and beat thoroughly. This will be all you need to achieve a very pale pastel hue. Add carefully, drop by drop, and beat after each addition to build up to your desired shade.

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Ginger Mar-Tea-ni

This drink is FUN and REFRESHING. Great for sipping alone, or even better to accompany a clean light seafood dish. Try it paired with the Tea Cured Salmon featured previously in *TEA*.

Mar-Tea-Ni Ingredients

3 ounces tea infused Grey Goose Vodka (see recipe p.13)
1 teaspoon pureed gingerroot
1/2 ounce ginger and citrus simple syrup (see recipe p.13)
1/2 ounce lime juice
1 ounce pineapple juice

Shake well with ice. Serve strained into a chilled martini glass. Garnish with twist of lemon and/or candied gingerroot.

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Created by CYNTHIA GOLD
Photographs by JULIAN LANDA

THIS DRINK CREATED ESPECIALLY FOR THE BOSTON PARK PLAZA HOTEL & TOWERS, BOSTON, MASSACHUSETTS.

TEA INFUSED VODKA

1 liter Grey Goose French vodka
1 orange, zested into long strips
1/2 lemon, zested into long strips
1/4 cup of green tea leaves (Dragonwell or Sencha work well)
1/4 cup of full bodied well-oxidized Oolong leaves (I used a Wuyi Oolong, Roi Gui)

Place 1 liter of vodka in non-reactive container. Add citrus zest and tea leaves. Taste periodically until proper strength is achieved. Probably around 45 minutes to an hour. Strain multiple times through cheesecloth or coffee filters until completely clear. Store at room temperature or chilled.

SIMPLE SYRUP

2 cups white sugar
2 cups water
4 quarter size slices of fresh ginger
1 cinnamon stick
1/2 orange, zested into long strips
2 tablespoons green tea leaves held in a T-Sac or tied in cheese cloth

Place sugar and water into a saucepan. Stir sugar up from the bottom and add other ingredients. Place over medium-high flame and bring to a boil. Turn down to low and let simmer until a clear thick syrup is formed, about 5 minutes. Remove from heat, add T-sac of tea leaves and let cool. No need to strain. Remove T-Sac of tea leaves. The other ingredients can stay in the syrup until you're ready to use it.

CYNTHIA GOLD is the tea sommelier at The Boston Park Plaza Hotel & Towers and has been contributing recipes to *TEA* along with Julian's photography for several years. She has co-authored with Lisë Stern the book *CULINARY TEA* (release date September 2010) published by Running Press.

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Earl Grey Zebra Cookies

You'll want to use an **Earl Grey Tea** with a high concentration of bergamot oil for these chewy and rich cookies. Bergamot and chocolate are a natural combination that will draw you back time and again. This recipe calls for a concentrated Earl Grey infusion as well as ground leaves to offer an interesting new dimension.

Ingredients

2 tablespoons Earl Grey tea leaves
1-3/4 cups all-purpose flour
1/4 teaspoon baking soda
1/3 cup unsweetened cocoa powder
2 teaspoons ground Earl Grey tea
1 cup unsalted butter
1 cup granulated sugar
1/2 cup firm packed dark brown sugar
1 teaspoon bourbon
1 egg
1 teaspoon finely grated orange or tangerine zest
White chocolate for decoration

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Created by CYNTHIA GOLD
Photographs by JULIAN LANDA

METHOD

Pre-heat oven to 350 degrees F.

Steep 2 tablespoons Earl Grey tea leaves in 1/2 cup water for 5 minutes. Strain leaves from water and discard. Set steeped tea aside to cool.

Combine flour, baking soda, cocoa, and finely ground tea. Set aside.

In a mixer on medium speed with paddle attachment beat butter until light and fluffy. Add sugars and beat until smooth. Beat in bourbon, egg, orange zest, and 2 tablespoons of the steeped tea. On low speed, slowly add reserved flour mixture until fully incorporated.

Form 1-teaspoon dough into ball and place on parchment lined sheet pan. Flatten slightly. Repeat, leaving 1-1/2 inches between dough balls. Bake until begins to firm, around 10 minutes. Remove, let cool.

Melt white chocolate over just steaming water in a double boiler and drizzle or pipe onto cooled cookies. Let harden completely.

Cookies will remain chewy and moist for several days.

Yield 4 dozen cookies

If you enjoy delving into the culinary potential of fine teas, you will find this recipe and over 150 others, as well as a focused look at pairing foods and tea, in the upcoming *Culinary Tea* which will be released in the fall of 2010 by Running Press/Perseus Books.

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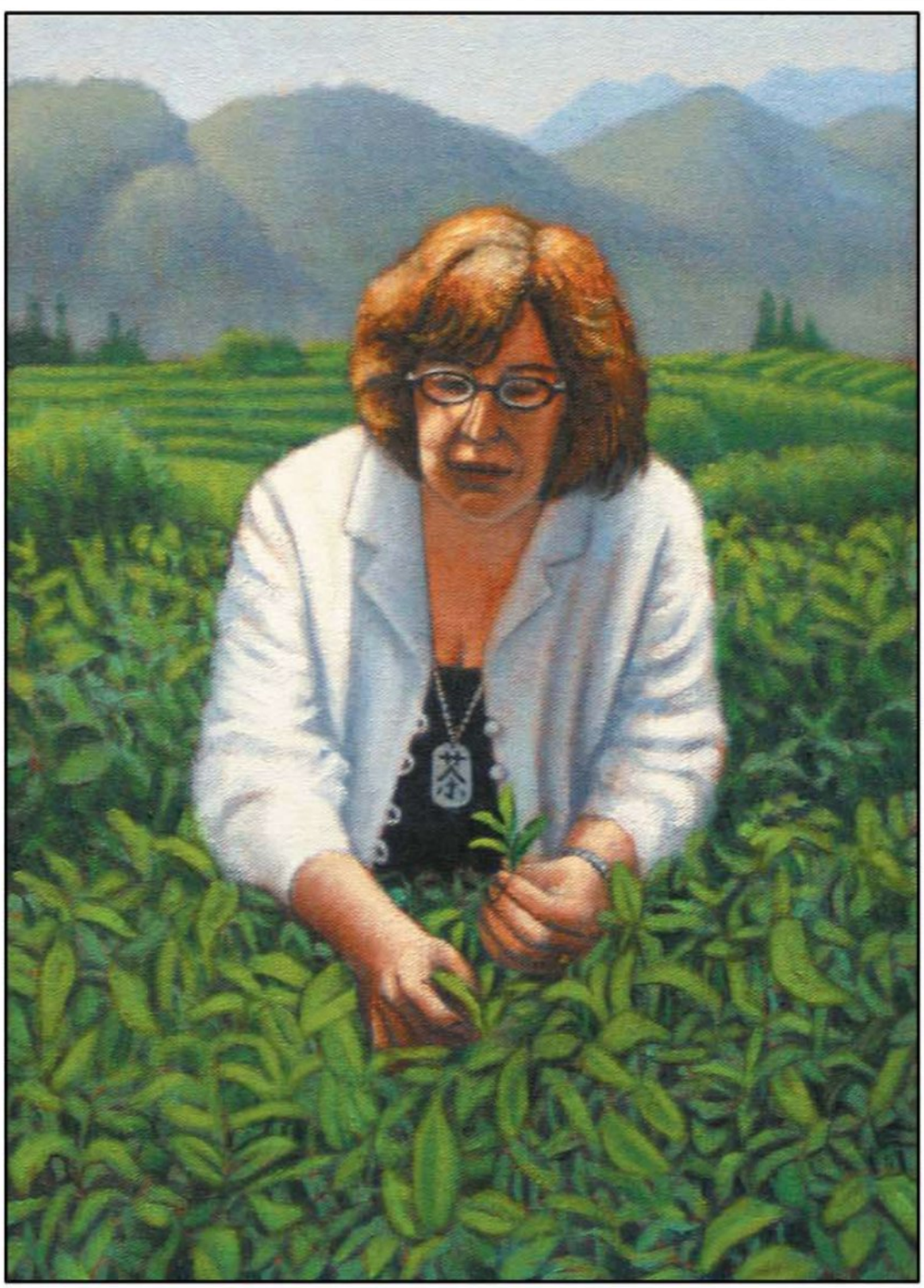
Julian Landa ~ Artist

Below:
Tea Fields 1
10 1/4 x 14 1/4"
Sept 09



Julian Landa studied at The Vesper George School of Art and the School of the Museum of Fine Arts, both in his native city of Boston. He has worked in Surrealism for more than thirty-five years. His inspiration for tea as the subject in his paintings stems from his trips to tea growing countries in Asia.

The images shown here were inspired by the trip that he and his wife Cindy Gold took to India and Sri Lanka a year ago. Julian's art was featured in an earlier issue of *TEA* (#37) in 2004.

Opposite page:
Tea Fields 1
10 1/4 x 14 1/4"
Sept 09

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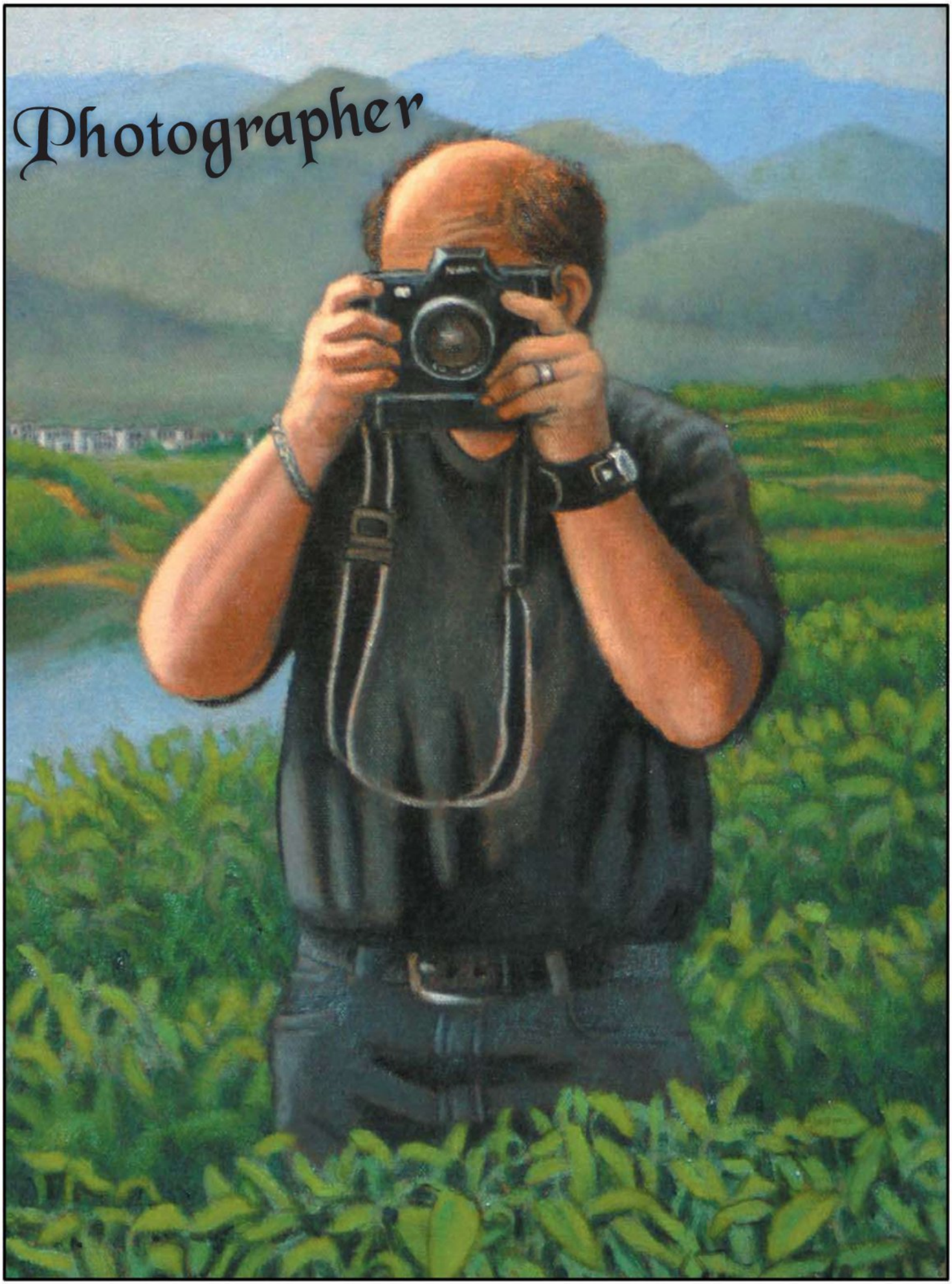

To view more of Julian Landa's artwork, go to:
gti.net/broidoi/toa

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Tea Time from LANCASHIRE to Africa is just a ...

BREW-HA-HA !

by Alan Whelan

THE SPARK FOR THE TRIP WAS WHEN BOB GELDOF suggested that the best way to help a poverty-stricken African country was to go there on holiday.

Three months later I found myself experiencing the coffee ceremony in Ethiopia's ancient city of Axum. The celebration of their national drink brought into sharp focus my own thoughts about my national drink—the great British 'cuppa,' and how the tea 'ritual' is just as important to the British way of life as coffee is to the Ethiopian.

It may not be as formal but the tea ritual of sharing a pot of the amber nectar, at once both banal and profound, is part of the daily routine rooted in the tolerant and welcoming nature of the British character. There are few more intimate socially platonic niceties than making someone a pot of tea in your home—it's a liquid form of social glue guaranteed to cement friendships and make new ones. The explosion of high street coffee brands have made it a solitary drink, while a pot of tea is still a social occasion and an aid to conversation, and has been for hundreds of years.

I was so taken with the idea of the tea ritual that I set out on a quest for the ultimate cuppa. Beginning in my home county of Lancashire, UK, strangers welcome me for tea and by the end of the hour (hopefully not strangers anymore), they pass me on to someone else for another pot, and so it goes on.

Since January 2007, I have met a string of fascinating Lancastrians who have invited me for tea: from sportsmen Sir Tom Finney, Bill Beaumont, and ex-lightweight champion Paul Burke to artist Margaret Francis and international businessman Martin Higginson. Each Tea Encounter—unique and fascinating in its own way—is recorded on a blog at www.abhaha.com

The Lancashire leg of the trip ended on October 1, 2008 when the quest (now called the African Brew Ha Ha) continued overland by Triumph motorcycle to Cape Town, South Africa. Knowing little about bikes, apart from where to put the petrol, I am indebted to Philip Youles Motorcycles in Blackburn for their tremendous help and expertise to help me realise the trip, which took about five months, assuming I would have no border difficulties or experience poor weather. I planned to invite people to have tea everywhere I stopped, which gave me a great insight into African life along the way. Africans are fanatical about their tea just like the Brits so we already had something in common; the cooling pot between us acted as an excuse to discover what other commonalities we shared.

Alan Whelan

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One of the inspirations for the trip, and final destination of the quest, was a project called Original Tea Bag Designs in Hout Bay, Cape Town. The upliftment project makes sensational products by utilizing used tea bags as mini works of art. They promised to have the kettle boiling on my arrival and hold a tea party to slake the thirst of the 15,000-mile journey. I collected all the teabags used on the trip to be made into a new product especially designed for the African Brew Ha Ha—each one a milestone on the journey with a story attached, much like every pot of tea we drink in life.

The journey took me through Europe to Morocco, West Africa as far as Angola, then through the Congo to Tanzania and down the east coast to the Mother City. Even a rudimentary knowledge of the map of Africa will tell you that this is hardly a direct route, but I never said the search for the ultimate cuppa was going to be easy.

Even if the going got tough, I was armed with some memorable advice gleaned from every one of my Tea Encounters so far: from the inspirational "Never lose sight of the blinding light;" and "Take a smile with you;" to the practical "Bring a puncture repair kit;" and "Make sure you've got water for your tea;" to the cautious "Never believe what anyone tells you—make your own decisions."

The trip aimed to raise funds for health and education projects in Imizamu Yethu township and was supported by the Rotary Club of Blackpool Sunrise, which made me an honorary Rotarian for the duration of the trip.

Above left: Gavin and Paulina Lesch in Worcester, South Africa.
Above right: Dr. George Ogola (from Nairobi, Kenya) with Alan Whelan having tea in Manchester, UK before his trip.
Top right: Bwedra making tea in Western Sahara.

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Tea bag workers celebrating Alan Whelan's arrival in Hout Bay, Cape Town, South Africa.

Original Tea Bag Designs (www.tbagdesigns.co.za) in Hout Bay, Cape Town, utilises used tea bags to create a range of superb products and gifts serving the booming tourism industry in South Africa. The idea began as a small community project led by Englishwoman Jill Heyes. It has since grown to employ 20 people, mostly women, who live in the township of Imizamu Yethu. The shantytown is in desperate need of funds for health and education projects. *TEA A MAGAZINE* featured their story in the summer 2006 (number 47) issue.

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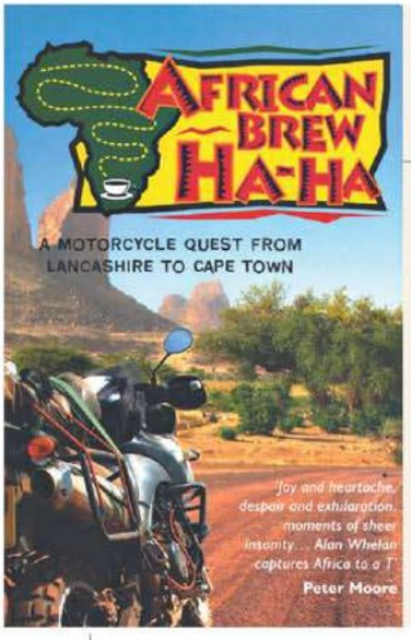

Alan Whelan may be reached at:
alan@inkwellpr.co.uk

Excerpts from Whelan's book (just released April 5th)

African Brew Ha-Ha

"It's been, so far as the things that matter are concerned, five months of pure joy: the feeling of freedom, possibility and hope, the landscape, the bigness of Africa, the remarkable people and their attitudes to life, the optimism, the friendliness and the thousands and thousands of guileless smiling faces. And the tea, of course.

When each day is a grand endeavour to satisfy even basic needs, life cannot help but become a poignant drama on this remarkable continent. The sensations and challenges are extreme, but doesn't that make life all the more precious and worthwhile?

The search for the ultimate cuppa came out of an interest in the tea ritual, but of course the main purpose of sharing a pot of tea is to spend time with another person, time to talk and feel connected, and these are the things that I will remember long after the memory of the drink is lost: Pastor Samuel's wife, who brought the brew in a plastic bucket, the lukewarm tea that Serge served with the frozen sausages and his ten children looking on, the many teas with the fabulous Benslimane family in Casablanca, the rocket fuel brewed by Bwedra in the tent in the Sahara, tea on the sidewalk in Banjul with the Carlton cooks, Tabot's one-night stand returning with a flask the morning after in Cameroon, Kaizer Motaung in Johannesburg, Madame Mathey Boo in Libreville and all the rest, these are the encounters I will remember most because I will never forget the people. How could I?

Tea was offered to me in friendship and as a celebration, a comforter, a pick-me-up and a consolation. Where people were clearly struggling to make ends meet, tea became even more important to their lives. I could see that despite having few material possessions it can be a great comfort to tend a miniature brazier with a tripod standing over it and a battered teapot slowly warming. And the sharing is always given with disproportionate joy. What is important to them is that God has put me in their path, so they accept the responsibility to help. If they become needy, someone else will provide, somehow, further down the line."

Extracts (with permission) from ***African Brew Ha-Ha: A Motorcycle Quest from Lancashire to Cape Town*** by **Alan Whelan** which is published by Summersdale (UK £7.99) and is available through bookshops and internet booksellers.

ISBN: 978-1-84953-044-6

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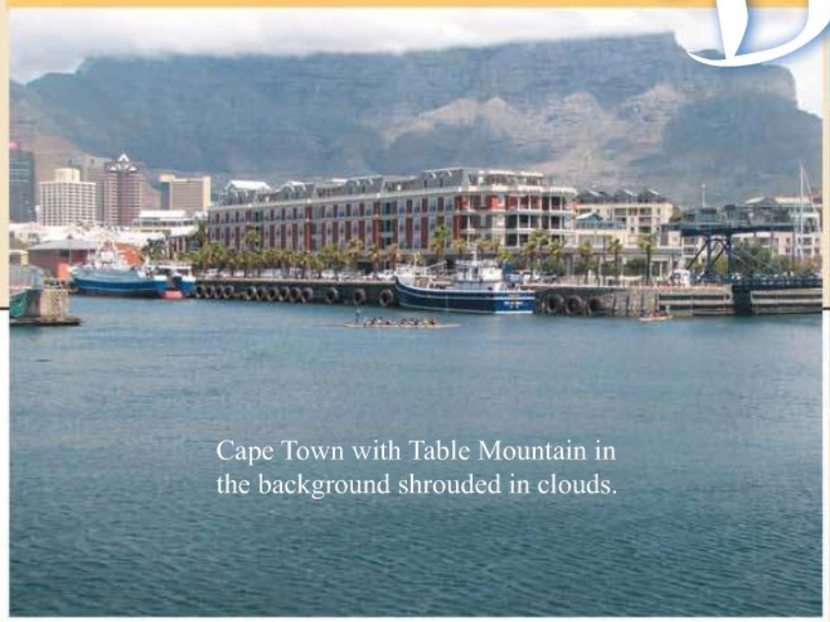
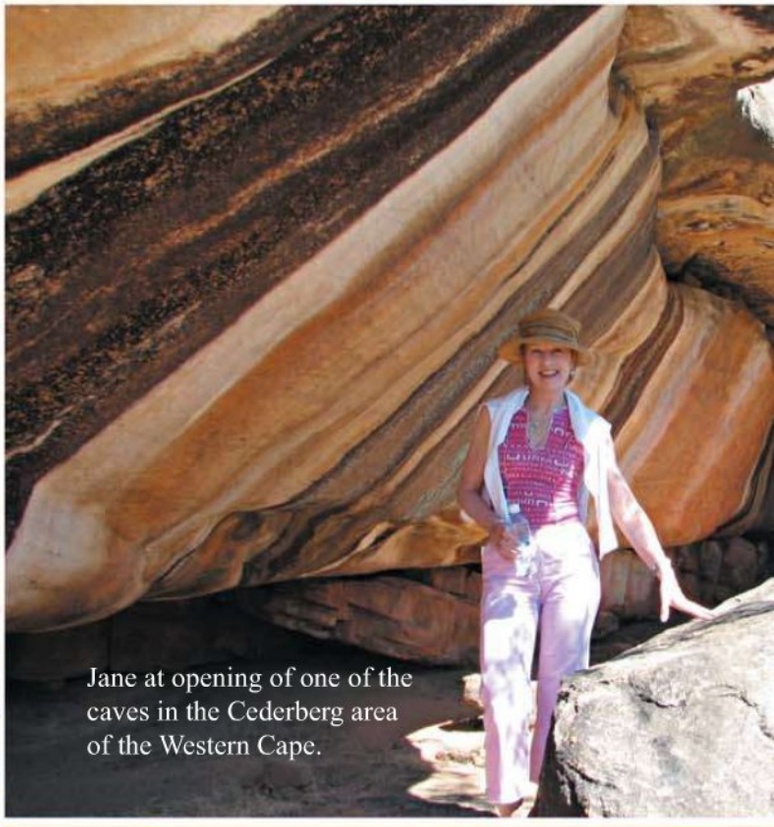
Beautiful



Cape Town with Table Mountain in the background shrouded in clouds.

Jane and Pearl



Jane at opening of one of the caves in the Cederberg area of the Western Cape.

Ostriches

Sunset at Lambert's Bay

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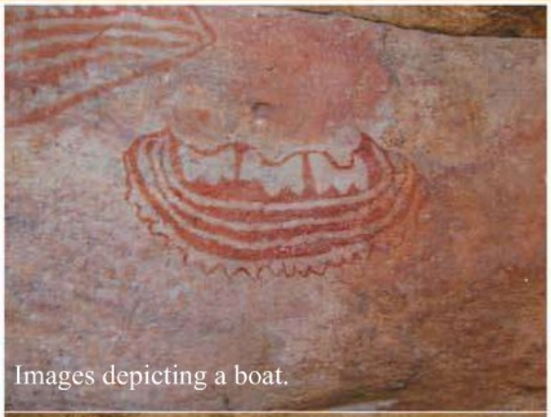
South Africa

Written and photographed by Pearl Dexter

Pearl at Gordon's Bay



Images depicting a boat.

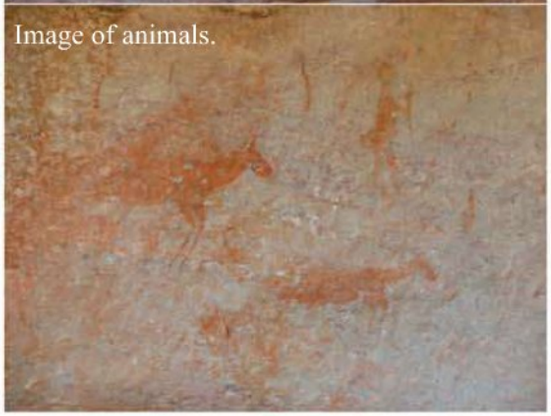
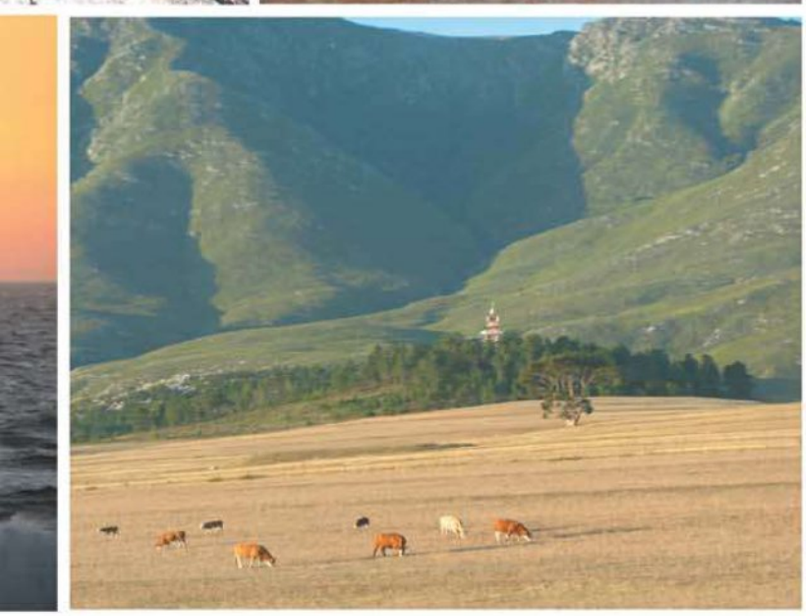


Image of animals.



South Africa? "No, it is not safe to go there," my friends said. I went anyway. I was on a mission to learn about rooibos and honeybush, indigenous only to South Africa. After a long flight from the U.S. I met up with my friend and colleague Jane Pettigrew on the last day of January in Cape Town. We had a fabulous time. Our host Arend took us first to the home of rooibos, the Cederberg area in the Western Cape. After a few days of learning all about rooibos, we travelled by road all the way to the Eastern Cape to visit a honeybush factory. We saw breathtaking scenery. From the mountains to the plains, from the well established small rural towns to the seaside resorts, and finally Table Mountain shrouded in cloud in the beautiful city of Cape Town. We drank rooibos every day; and ate fresh fish and sweet potato. We made new friends, experienced a new country, and felt safe throughout our stay. So, don't be discouraged by adverse media accounts of tourism in South Africa. Go, and see for yourself the beauty of the land and the people.

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Rooibos South

Story by Pearl Dexter
Photographs by Pearl Dexter and Jane Pettigrew.

Rooibos herbal tea is in vogue!!!

As I've travelled around the United States I've seen that this beverage is listed, along with other tisanes and herbal infusions, adjacent to long lists of real tea (*Camellia sinensis*). Every tea room that I've visited across America has rooibos on the menu, it is sold by every tea company that I know, and it is prominently displayed on over 2,000 websites.

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Africa's Red Gold

Pronounced "roy-bos," it is a plant native only to the Cederberg area of South Africa's Western Cape. The botanical name is *Aspalathus linearis*, and it is a broom-like member of the legume family of plants. In South Africa many know the plant as fynbos or red bush. Since it contributes economic stability to the area, I named it 'red gold.'

Left: Johan, Jane, and Gerda in the rooibos field.

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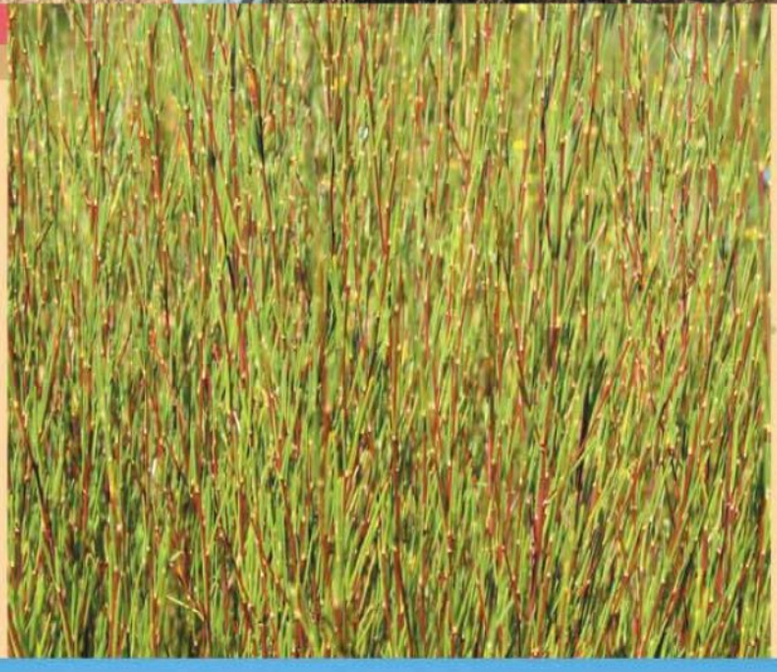

Above: Worker cutting rooibos.

Below right: Worker sharpening his blade.
Below left: Workers loading the truck in the field.

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We were invited by Rooibos Limited to their summer season in February to learn about rooibos and view the harvesting and manufacturing and processing of this ever growing popular beverage in the U.S. and Europe. They have captured over 60% of the international market and serve 80% of their domestic market for the product. My colleague from London, Jane Pettigrew, met me in Cape Town to share this exciting educational journey.

It was a long flight for me, but I had the opportunity to rest overnight before our host, Arend Redelinghuys, Group Marketing Manager for Rooibos Limited met me on a Sunday morning to greet Jane as she arrived on a plane from London. The sun was shining as we journeyed 200 kilometers to Paarl (which means "Pearl"), an early Dutch settlement full of Afrikaan heritage. We stopped to meet Arend's family and had a lovely lunch outdoors at a nearby winery. At times the clouds seemed to be touching the horizon as we drove north to the small town of Clanwilliam in the Cederberg region.

Clanwilliam was first known as Jan Disselsvalleij when it was settled in 1725. Later (1814) Sir John Cradock renamed the town Clanwilliam after his father-in-law, the Earl of Clanwilliam. It is one of the ten oldest towns in South Africa. The village district has several historical churches and buildings. We stayed at a peaceful bed and breakfast at the end of town—Ndedema Lodge surrounded by fruit trees, flowering trees, and shrubs. After dinner I immersed myself in a rooibos bath then had a delicious cup of rooibos tea before retiring for the evening on soft cotton sheets, in a four-poster bed. I awoke to the music of chirping birds and soon joined Jane in the garden for breakfast. Fresh figs and mango from the fruit trees were a great way to start the day with a cup of tea and toast. There was not much time for lingering though. Soon after we finished our tea, Johan Brand and Gerda de Wet from Rooibos Limited arrived to drive us to the nursery and rooibos fields. This was our second day in sunny South Africa. To my surprise the climate in Clanwilliam was hotter than that of Cape Town. Johan and Gerda gave us some wide brimmed cotton hats to protect us from the blazing sun.

The craggy Cederberg Mountains overlook the fertile valley of Clanwilliam where rooibos grows in abundance with absolutely no irrigation except to the nurseries. The wild and the cultivated plants are fully dependent on Mother Nature for their much-needed moisture. The plant grows best in sandy soil. After it flowers in October, the seedpods fall to the ground. Farmers then collect the seeds and take them to the company for minimal processing Later they will be returned to the farmers for planting. Seedlings are pruned after a year and harvested around nine months later. Many small farmers supply Rooibos Limited and the much larger farms set aside 240 hectares to grow the majority of rooibos. These collective farmers contribute to providing product for Rooibos Limited's global success.

There were few paved roads that ran through the rooibos farms. As the rooibos gently waved in the wind, it took on a silvery look. Johan told us that that was a sure sign of a good harvest to come. When the bush is ripe the stems are red at the top and ready for the blade of the scythe; then to be bundled and trucked to the factory. After the harvesting season ends in April, the farmers may plant rye and or oat in between the rows of bushes in June. By the following January the rooibos plant thrives again.

Many of the laborers come down from the northern part of South Africa to work on various vegetable, fruit, and rooibos farms. We photographed Tswana tribe workers in the fields we trod through. One person cut a complete bush with swift, mindful strokes of the scythe within a few minutes. Then quickly moved over to the next bushes, stopping only to sharpen the blade about every ten minutes. The cuttings were piled into sheaves ready for weighing before loading them onto a truck to be transported to the Rooibos Limited facilities in the town of Clanwilliam. An average bundle weighs 14-18 kilos.

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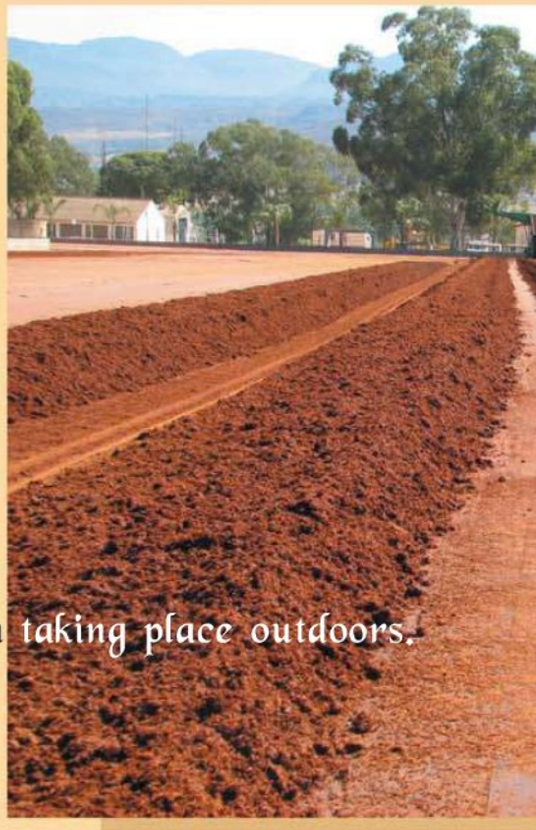

Oxidation taking place outdoors.

We spent most of the next day at their state-of-the-art factory. Several employees gave us an in-depth education on the processing of rooibos. A truck full of fresh cut rooibos was being unloaded at the dock. The bundles were headed for the machines that would remove the stalk. Only the stem and the axles that hold the needle-like leaves of the rooibos are reserved for further processing: outdoor oxidation, blending, and packaging. The factory processes a small amount of green rooibos, eliminating the oxidation steps. Some of the processing was similar to the multiple steps with fresh tea leaves from the *Camellia sinensis* plant. A portion of the rooibos production is organically grown under strict supervision, meeting the standards of Japan, Netherlands, and the European Union. Fairtrade and kosher rooibos are also available. The Perishable Products Export Control Board monitors the bacteriological and microbiological content.

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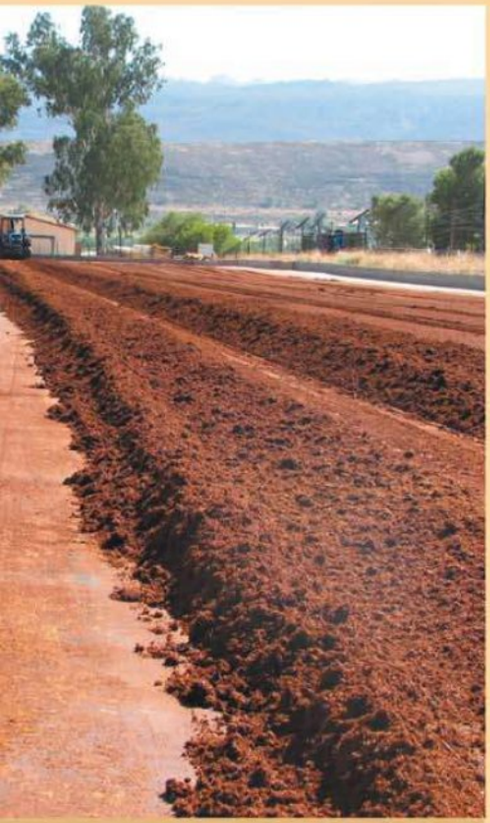

Rooibos Limited built a huge warehouse in which is stored both conventional and organic rooibos. In it is enough rooibos to guarantee that they will be able to supply the growing demand for their product. They are the leaders in private labeling, blending, extracting, and flavoring.

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The in-house laboratory and research center was fascinating. One of our last lessons was in the pristine Quality Control Department where sophisticated gas chromatographs evaluate the rooibos to ensure that levels of chemical pesticide residues are well below the allowed level. When we arrived at the immaculate tasting room we were eager to taste several grades of rooibos, including a green rooibos. The tour ended with a brief visit to the gift shop where we enjoyed a creamy rooibos cappuccino.

Above: Pearl Dexter tasting rooibos.
Below: Paul Hayes comparing infused and dry rooibos.

For in depth information please visit:
www.rooibosltd.co.za

The wild rooibos bush.

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The next day on our way to the Cederberg Wilderness we trekked along rocky slopes to climb into a nearby cave that had fascinating ancient rock art. Some of the paintings date back 300 to 6,000 years ago. Johan later took us in search of wild rooibos in the Cederberg Wilderness against the lower cliffs. This place is part of the Cape Nature Conservation land, home to the indigenous cedar tree. People from all over the world come to hike and walk the rocky trails. The landscape is full of boulders and rock formations, of which the distinctive 'Maltese Cross' is one. He said that leopards are often spotted in that region. We saw no leopards, but did see a small *dassie* (an African rodent found among rocky outcroppings) spying on us from atop a nearby rock. I'm happy that we didn't encounter any of the snakes that live among the rocks.

Native tribes discovered the rooibos bush hundreds of years ago and cut it, dried it, then boiled the leaves in water to drink as a healthy tonic. South Africans have enjoyed the beverage for over 50 years. Now they have cultivated this native plant and ship it near and far. Long before it reached American shores, it was quite popular in Europe.

Mr. Redelinghuys arranged a meeting with Professor Jeanine L. Marnewick (PhD) from Cape Peninsula University of Technology, in Bellville. She set up the Oxidative Stress Research Centre in 2007 and manages a study on oxidative stress with 12 students. Prof. Marnewick also works closely with people in the rooibos industry.

A good drink that has a soothing effect on the body, rooibos contains the essential minerals, iron, potassium, and copper, which aid our metabolic functions. It promotes healthy skin because it is rich in zinc and alpha-hydroxy acid. The versatility of rooibos extends into cosmetics and beauty products. I brought back rooibos facial scrub, soap, moisturizer cream, and shampoo. The cream aids irritated eczema-like skin and improves overall complexion.

Rooibos blends well with other flavors for drinks, desserts, salads, soups, and main courses. For the health conscious consumers, the beverage is positively attractive. Naturally free of preservatives and added color, the major appeal is that the drink is caffeine free and rich in antioxidants. Rooibos is ideal for children and a perfect drink at bedtime. It is delicious iced, hot, or as a frothy rooibos cappuccino.

Not everyone can escape to the big land of the ancient, wild, and raw rugged beauty of the home of rooibos, so I invite you to make yourself a pot of rooibos and vicariously take this magnificent journey as you sip one of nature's nectars.

Right: Rooibos stem and axles.

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Grace Tea Company

acquired by

MARK T. WENDELL TEA COMPANY

Mark T. Wendell Tea Company, a premium tea importer and distributor since 1904, announces the acquisition of The Grace Tea Company. The Grace Tea Company will continue to operate as an independent corporation to ensure continuity in product and service.

Since its founding in 1959, this New York City specialty tea company has been known for its unique blends under the "Grace Rare Tea" label. The owners of Mark T. Wendell Tea Company, Elliot and Hartley Johnson, have made a commitment at preserving its unique heritage to ensure Grace Tea brands continue to thrive. Their focus will be to carry on the Grace tradition of providing the finest teas, classic product elegance, and superior customer service. Over time the Johnsons plan to expand the range of products to include high quality green, oolong, and white teas, as well as brewing accessories. "Our classic rare tea blends were created by Grace's founder, Frank Cho, an expert tea taster during his time who had the ability to taste the nuances of various combinations of tea leaves. His blends of various Keemun, Yunnan, Lapsang, Assam, Oolong, and Jasmine teas are still available to our customers today in their original formulations. A lot has changed in the world of specialty teas since the 1950s, so we hope that by adding some new styles of teas to our popular offerings, we will be able to provide our customers with the opportunity to expand their tastes to all the types of tea available to us today," said Hartley E. Johnson, co-owner.

Above photos:
JOHNPOLAKPHOTOGRAPHY.COM

The Johnsons had been managing the blending, packing, and shipping for Grace since 1992, so the decision to purchase Grace and preserve their heritage was a logical business decision. "Our familiarity with this unique tea brand and customer base has allowed a smooth transition of ownership. We are excited at the opportunity to continue this business and maintain the same philosophies as Mr. Cho, and our immediate predecessors, Marguerite and the late-Richard Sanders. Their philosophy of 'keep it first class, but keep it simple' is an idea that we embrace and shall continue for many years to follow," said Hartley E. Johnson, co-owner.

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The change in ownership prompted a migration of Mark T. Wendell and Grace Tea Company to a new, state-of-the-art facility in Acton, Massachusetts. The corporations will be managed separately and maintain their respective product lines, but centralizing operations will generate efficiencies. The new facility will house all sales, administration, and operations of the tea companies in one location. The facility includes a climate controlled product storage warehouse, a specialized tea blending and packaging room, and a larger shipping and receiving department with improved access for customers. This relocation comes after 32 years in West Concord, Massachusetts to accommodate growth due to success in both flagship brands and new product introductions, like the Manhattan Tribute Blend, which donates a percentage of sales to cancer charities. Mark T. Wendell will continue new product development and expansion of product lines this year.

"As one of the oldest, continuously operating tea importing firms in the United States, this is another step in our storied history. The modernization of Mark T. Wendell Tea Company will allow us to continue as a leader in the Specialty Tea Industry for future generations," said Eliot H. Johnson, co-owner.

Above: Elliot Johnson (left) with his son and co-owner, Hartley Johnson (right). Left: Hartley with the next generation of Johnsons in the warehouse. Photographs courtesy of Mark T. Wendell Company.

About Grace Rare Teas

Established in 1959, the Grace Tea Company has been known for offering only the finest large, unbroken tea leaves. The single origin teas and tea components used in Grace's custom blends are hand-picked from the finest tea gardens and estates of China, Taiwan, India, Sri Lanka, and Japan. Grace Rare Teas have won six prestigious awards at the International Fancy Food Shows, including the Esthetic Award for outstanding packaging and Distinguished Recognition in the Fine Food category.

~ ~ ~ ~ ~ ~ ~

About Mark T. Wendell Tea Company

Established in 1904, Mark T. Wendell Tea Company was purchased by Elliot H. Johnson in 1971. They select and purchase only the finest teas from growing estates and importers from around the world. They offer over 65 estate grown black, pu-erh, oolong, green, and white specialty teas, 8 signature tea blends, 9 herbal and fruit tisanes, and an expanding selection of organic and fair trade teas. Mark T. Wendell Tea Company is the global distributor for Boston Harbour Tea and serves as one of the select United States distributors for Lifeboat Tea, Indar Tea, London Fruit & Herb Company Teas, Heath & Heather Herbal Infusions, and Foojoy Chinese Teas.

The Mark T. Wendell Tea Company announces its acquisition of the Grace Tea Company; commitment made to maintain the integrity and history of the brand. All operations relocated to:
14-A Craig Road in Acton, Massachusetts.
www.gracetea.com
www.marktwendell.com
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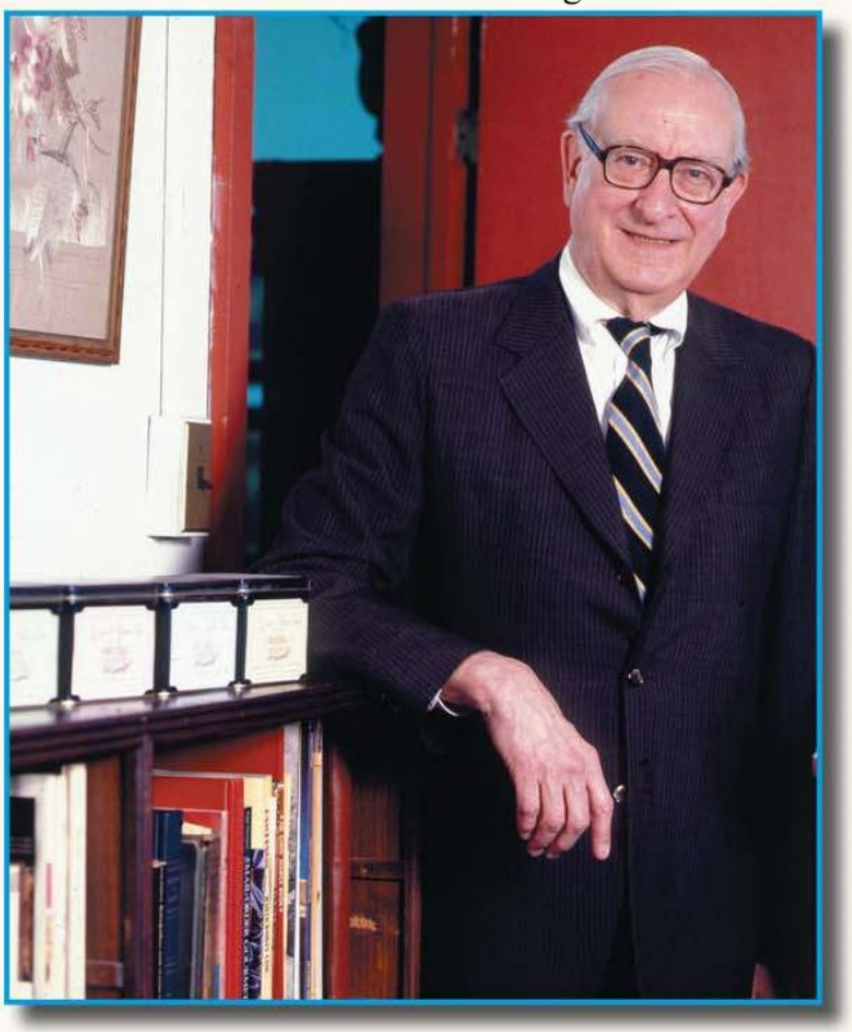
Remembering RICHARD G. SANDERS by ELLIOT JOHNSON



It is with great sadness that the Mark T. Wendell Company announces the loss of Richard G. Sanders, co-owner and operator of Grace Tea Company.

Mr. Sanders passed away following a brief illness at his home in New York City. He is survived by his wife, Marguerite, who co-owned Grace Tea Company with him since purchasing it from the company's founder, Frank Cho, in 1979.

Richard Sanders had an extensive background in specialty foods and tea. For many years, he served as president of Borden's special products company and later went on to co-own with Marguerite, China Bowl Trading Co., Ltd. His avocation was cooking and for several years, he wrote restaurant reviews under the name of "The Fabian Sanders Reports." His focus with Grace, known also as "Grace Rare Tea," was to operate a small business with unique blends, carry the finest products, and provide outstanding customer service.

Richard Sanders was known by me and-many as Dick. He had old-school values, and those philosophies helped Grace to thrive, as he never compromised the quality or value of his product. He helped to educate numerous specialty food business owners about the importance of specialty teas during an era where high quality tea began to emerge into the marketplace.

My son Hartley Johnson, co-owner of Mark T. Wendell remarked: "What struck me about Dick was his attention to every single customer's specific needs. It could have been a question about one of his teas, a suggestion or general comment, no matter the situation; he took every correspondence very seriously. He knew that you were only as good as your customers allowed you to be. He once told me about his commitment to delivering the best products to his customers, and to always doing it with a smile on; I recall him saying 'for a small company, your satisfied customers are your most prized assets.'"

I have had the pleasure of working with Dick for most of my business life. Our business relationship transcended both the years before his purchase of Grace Tea Company and after. In 1992, Dick approached me to move our long-standing association to a new, more personal level. We became completely interwoven with the operation of Grace Tea Company. Dick, running the marketing and office operation, and I handled the day-to-day buying, blending, packing, and shipping of Grace Teas. The years of working together continued to cement our personal relationship. Dick's passing has left me with many fine memories and the utmost respect and admiration for who he was. Dick could be summed up as a true gentleman. Always respectful of people, even in disagreement, a fine example of how civilized people should behave. My life is richer for having known him."

Dick Sanders will be missed but his spirit will live on, as the Mark T. Wendell Tea Company will carry on the Grace Tea Company traditions out of their Massachusetts headquarters.

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Vic Ferretti Honored

by Joseph P. Simrany

Keeping with a long standing tradition, the Tea Association honored one of its own at its Annual Holiday Party. This year's honoree was VIC FERRETTI on his retirement after 51 years in the tea industry. The event was held at the Lotus Club, a beautiful private club located at 5 East 66th Street in New York City on the evening of December 7, 2009. His wife Doris, their two daughters, Karen, Michelle, and Michelle's husband, Michael, accompanied Vic.

The gala event was attended by over 115 guests in a room that comfortably holds 100. The Tea Association was reluctant to turn down those who wanted to attend. But eventually they were forced to cap the number as it was becoming physically impossible to fit them into the room.

The sell out crowd is a testament to the popularity of Vic Ferretti and to the fact that over the years he has made many friends in the global tea industry. Guests attended from all over North America and three other continents, Europe, Asia, and South America. Peter Goggi of Unilever served as Master of Ceremonies of the event heaping praise on Vic sprinkled with humongous amounts of humor as only he could do. Peter introduced several other speakers, all at their own risk, including the Chairman of the Tea Association William Bowron, Richard Enticott and Nick Salza of the Martin Bauer Company, Enrique Urrutia of Las Treinta (Argentina), George Richards, Ralph Genzano, Barry Cooper, and me.

Vic had his start in the tea business in 1958 as a QC Technician for Standard Brands (Tender Leaf Tea). He worked at Standard Brands for twelve years rising to the position of Department Supervisor for Package and Tea Bags manufacturing. In 1970, he joined Dodwell & Co Ltd. (a British Trading Company) as a Sales Manager, then as an Assistant Office Manager. Another British Trading Company eventually purchased Dodwell: Inchape PLC. Following Inchape's departure from New York in 1977, Vic and fellow employee Ken Ikeda formed their own tea importing company called Kentea Limited. In 1997 Vic and fellow employee Nick Salza, purchased the controlling interest in Kentea Ltd. with Vic taking on the title of President & CEO. In 2008 Kentea Limited was sold to the Martin Bauer Group.

In January 2009, Martin Bauer, Inc. was formed by the consolidation of the four North American operating businesses of Plantextrakt, Martin Bauer NA, Martin Bauer, and Kentea. Martin Bauer, Inc. provides access to an array of products in North American markets including leaf tea, dietary supplements, decaffeinated tea, herbal, and botanical extracts.

What defines Vic's success and popularity in the tea trade has less to do with the chronology of his job titles as it does with the character of the person. In many respects Vic Ferretti epitomizes the character of the tea industry itself; a place where a person's word is as good as a formal contract and a place where a smile and a handshake opens and closes every meeting. Over the years Vic built his reputation as a friendly, kind, man who genuinely cared for the people he worked with including his employees, his suppliers, and his customers. He believes in giving back to the industry as much as he derives from it.

Early in his career Vic served as Director of the Associate Board of Directors of the Tea Association of the USA, Chairman of the Tea Tasting and Standards Committee, and for several years as a member of the Board of Tea Experts as mandated by the FDA Tea Act (1896-1996). In recent years, Vic served twice as Chairman of the Tea Association of the USA and also served as Vice Chairman and as a member of several Committees of the Tea Association.

During his spare time Vic enjoys making furniture for his friends, serving as Construction Chairman for a Musical Theater Group, and he is an avid amateur train enthusiast. In fact, the Tea Association in recognition of Vic's avocation for trains presented him with a plaque commemorating the occasion as well as a limited edition Swarovski Crystal Train set.

We wish Vic and his family well as he enters into retirement and thank him for the 51 years of dedicated service to the tea industry but, most of all for his friendship and the memories that he leaves with all of us.

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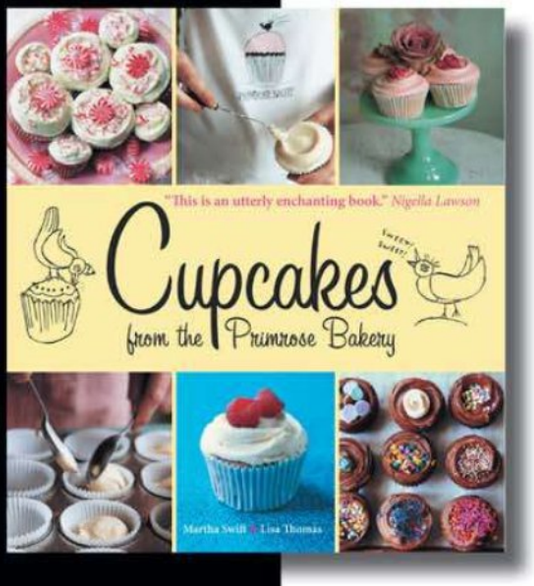


Cupcakes from the Primrose Bakery
by Martha Swift and Lisa Thomas
Photography by Yuki Sugiura
Kyle Books, 2010
ISBN: 978-1-906868-08-6
Paperback $18.95

In London, the hottest place to seek out the best cupcake is the Primrose Bakery. Just ask Jude Law, Kate Moss, Elton John, Paul Smith, and Madonna, and they will agree. The Primrose Bakery opened in 2004, and was born from all of the magnificent cupcakes that Martha Swift and Lisa Thomas were churning out in their home kitchens for neighborhood birthday parties. As the demand grew to satisfy the sweet tooth of hungry clients like Selfridges Food Hall, Fortnum & Mason, and Fresh & Wild, they moved the operations to their ever-popular Primrose Hill location and later opened an outpost in Covent Garden.

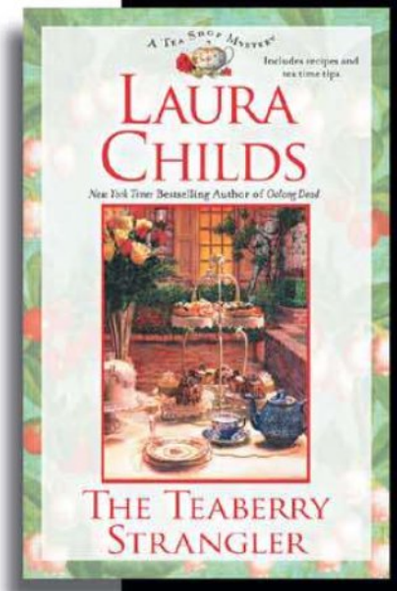
In the U.S., we can taste these small and seductive little cakes when we prepare the recipes from Swift and Thomas' new book *Cupcakes from the Primrose Bakery*. With lavish photos and delectable recipes, Swift and Thomas share their artistry for creating a truly beautiful cupcake. They began with the basics—accompanied with step-by-step photos—with separate chapters on how to make simple cupcake recipes (vanilla, chocolate, lemon, and carrot), how to ice a cupcake properly, and using decorations for anytime, seasonal, and special occasion treats. They always begin with quality ingredients, with no preservatives or additives, baked in a simple, old-fashioned way to make them look and taste amazing.

And, amazing they are! From Ginger cupcakes with Ginger licing and Orange Cupcakes with a Rose Buttercream to Blueberry Cornmeal Cupcakes, the possibilities for creating a mini-masterpiece for any occasion are endless. There are cupcakes for the seasons, icing inspiration for special occasions and holidays. There are even cupcakes for breakfast and tea time. We selected the Earl Grey Cupcakes freatured in the book for Mother's Day. (see page 10)

From the simple (Peanut Butter Cupcakes) to the sophisticated (White Amaretto Cupcakes) to the sublime (Caramel Cupcakes), *Cupcakes from the Primrose Bakery* is the ultimate collection for all cupcake lovers.

BOOK REVIEWS

The Teaberry Strangler
by Laura Childs
The Berkley Publishing Group, 2010
ISBN: 978-0-425-23245-3
Hard Cover $24.95



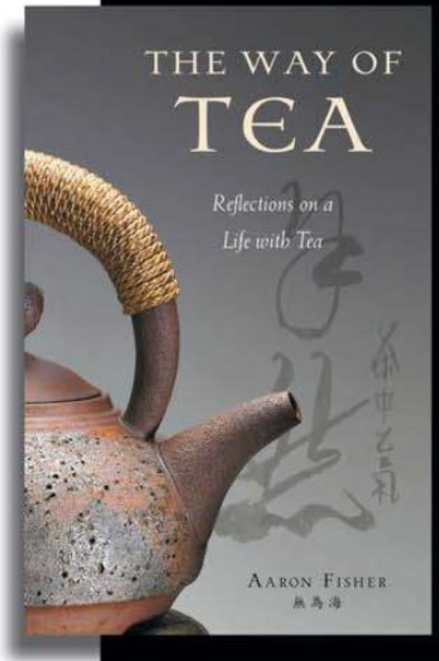
Laura Childs has given her fans another treat with *The Teaberry Strangler.* You may want to make some of the recipes like Frogmore Stew or Pecan Pie Muffins before you sit down with a pot of tea and escape to Charleston.

A back alley tour had certainly sounded like a tantalizing idea to Theodosia when she'd first conceived it. Shopkeepers dressed in historic costumes opening their back doors and inviting visitors in for tea, Charleston cookies, steaming bowls of shrimp chowder, and special prices on antiques, oil paintings, giftware, sweet grass baskets, and leather bound books. And of course, tea and savories served at her own tea shop.

Theodosia suddenly has second thoughts about venturing out alone. Eventually she sets out, but things quickly take a bad turn when the owner of the map store is found strangled.

See ad on page 3.

The Way of Tea—Reflections on a Life with Tea
by Aaron Fisher
Tuttle Publishing, 2010
ISBN: 978-0-8048-4032-3
Hardcover $19.95



In Aaron Fisher's introduction he states, "I write not to add to a growing list of scholarly facts on tea. Instead I want to approach my reflection on tea—its history, development, and appreciation over time—from an intuitive perspective; that is, to inspire the heart not the mind." His words are a gentle expression of his own experience drinking and studying tea.

He shows readers how in the modern world the way of tea does not need to be some somber religious ceremony, but can instead be a path for anyone to experience and share inner peace, relax the ego, and be free and open—an excellent recipe for a life well lived.

The TEA LADY in Washington relocates!

"The longtime downtown Olympia business Tea Lady has moved to a new location, a decision largely spurred by the need for more room" the headline in The Olympian newspaper read on August 14, 2009. "This month Tea Lady moved into 3,133 square feet in the Wildwood Building at 2828 Capitol Boulevard S.E., up from about 2,100 square feet at the old location in downtown's Capitol Theater building," the article continued.

Carol Welch (owner) decided to move the business when a larger location with ample parking became available just as Carol and her husband, Felix D'Allesandro, were planning to renovate their existing space. "I would move our shop there in a heartbeat if it ever opens up. It is larger, has great parking and is on a busy main street," Welch often mentioned to her husband. A friend told her a state agency would be moving out of the space July 31, 2009. Welch sent a letter to the building owner the next day. Three weeks went by without hearing anything despite a second letter, e-mails, and voice messages. Welch and D'Allesandro pondered whether to go ahead with the remodel. They had misgivings because they had just learned their building had been listed for sale. Finally, however, the owner of the new building left a voice mail to set up a meeting. Things moved quickly after that.

It was now mid-June. "We worked with our long time shop manager, Cari McCarty, to set out an ambitious schedule to demolish the many office walls in the new space and remodel it. We said we would do all of this in one month, opening August 1st. We did it on schedule and a few dollars under budget." Welch said.

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Left: Carol Welch serving customer Robin Gunn on opening day.
Left center: Cari McCarty, manager with longtime customers.
Right top: Tully Swanberg and wife.
Right bottom: Felix D'Allesandro and Kurt.

Tea Lady, which sells more than 700 kinds of teas and accessories and features a tea bar, was downtown for 14 years, nine of which were in the Capitol Theater building. Welch said she loves downtown Olympia, but acknowledged that some of her customers with mobility issues had difficulty accessing the old store. There is very little parking downtown. Our new location has 28 parking spaces.

Fourteen years ago, Tea Lady started with no employees in an antique mall but today has grown to a staff of eight and continues to grow even in this slower economy. She attributes that steady growth to more people spending time at home and drinking a healthy product that helps them feel comfortable and reduces stress.

Tea Lady sells all kinds of tea—green, black, white, oolong, herbal tisanes, and a selection of British foods and snacks. Green tea is one of the store's most popular teas. A newsletter regularly updates customers on top-selling teas and special events. Customers like the concept of a store that caters strictly to tea. The new store also feels much more open, and the tea bar is a frequent meeting place and is often booked for tea parties.

TEA LADY is open seven days a week,
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* We neglected to mention that A SPOT FOR TEA in Oklahoma was featured on the cover of the book *Mini Teatimes* that was reviewed in the last issue of *TEA*. Also two of their recipes were included in the book. Our apologies.

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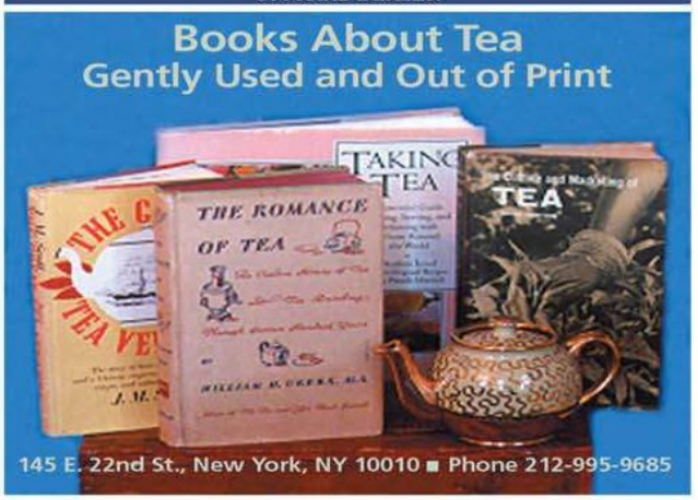

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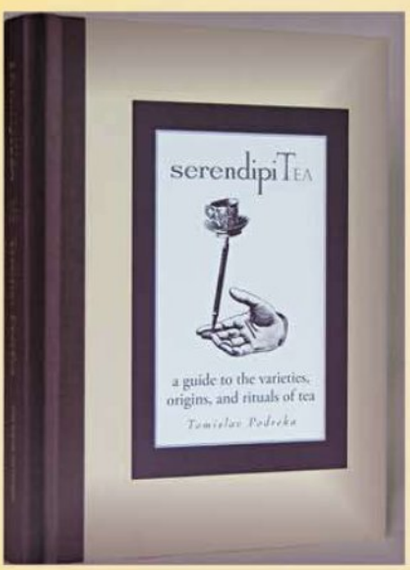

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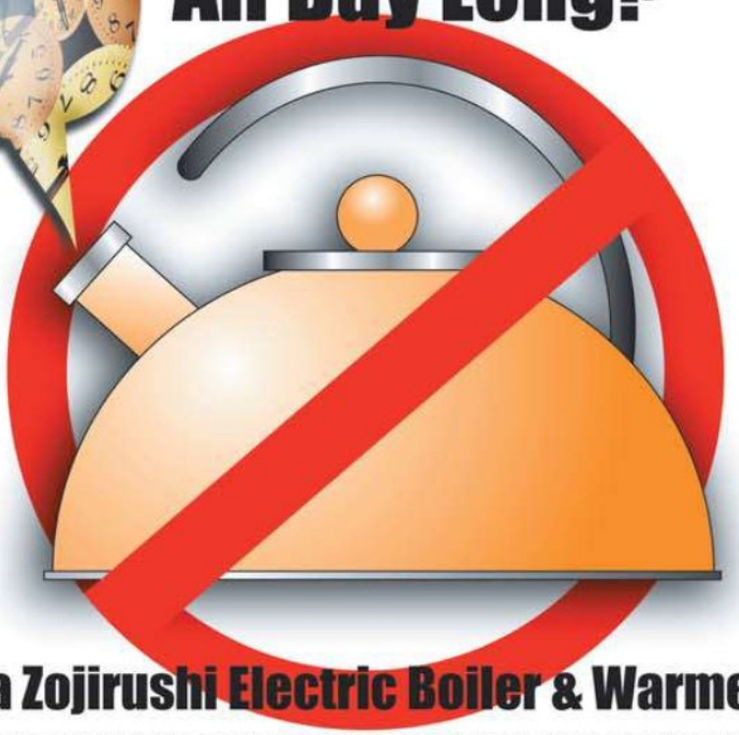

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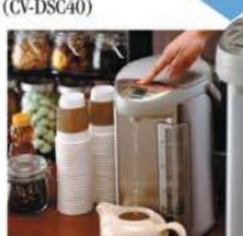

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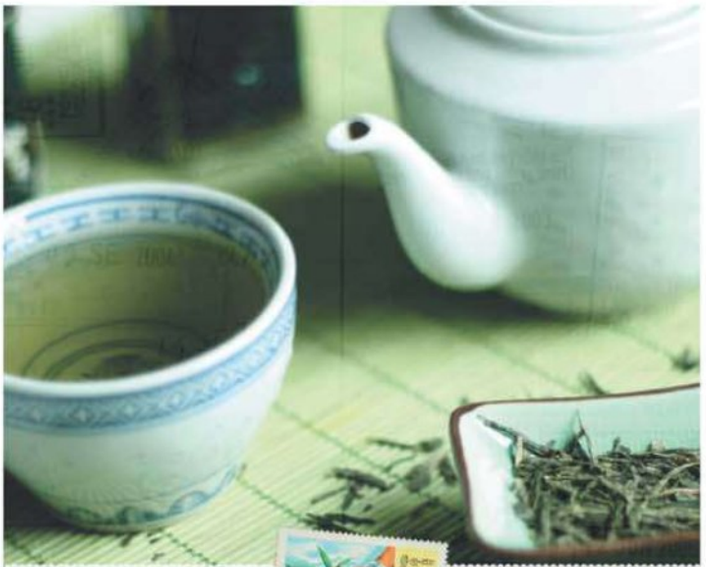

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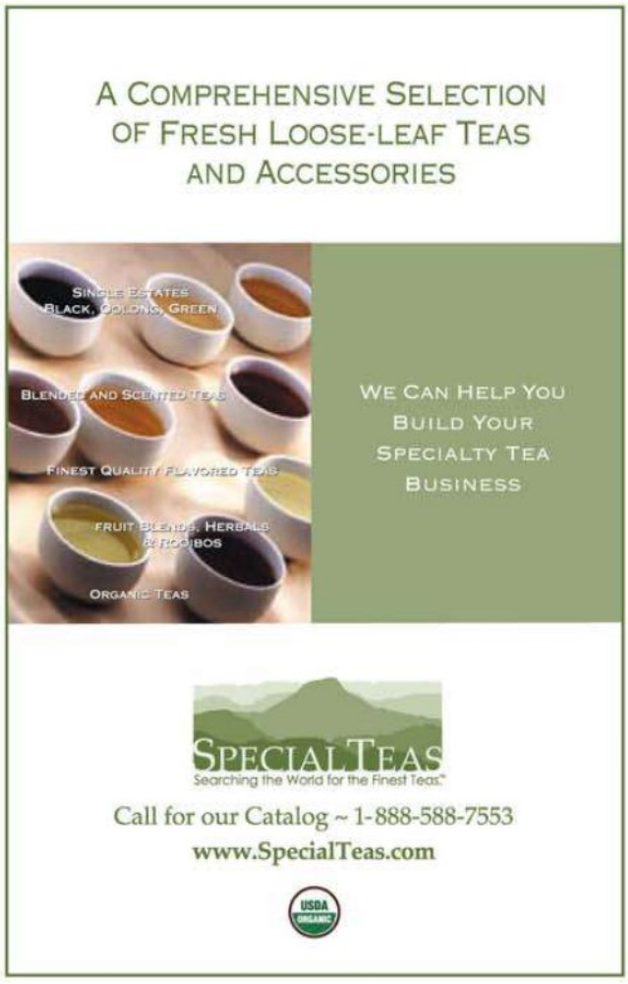

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Dear TEA:

Many thanks for sending me the Winter issue so I didn't miss it. I've already read half of it and love Pearl's cozy & beautiful colonial fireplace and the cute dogs. I'm already planning to try the carrot cake recipe and the Angel Clouds sound/look tasty.

Regards,
Gail Meyers
Katzenthal, France

Dear TEA:

Thanks for another great issue. Especially enjoyed the article on Oswego Tea. Hoping you include more articles on herbal teas. The stories and healing benefits on herbal teas are immeasurable. My only negatvie comment about recent issues is "too many recipes."

I often research and order teas from your advertisers. Den's Tea proved to be outstanding. The quality, flavor and aroma of the tea (direct from Japan) via Den is an awakening as to what Japanese tea should be.

Looking forard to spending another two years together enjoying the blessing of *TEA*.

Sincerely,
Celine Karamanos
Trout Creek, Montana

Dear TEA:

Once I found your magazine I just had to get in touch. We (my wife Jean and I) regularly, since 2001, have been going to the USA. Always trying to visit new areas each time. This year we did Denver and the Black Hills of Dakota.

What always frustrates me is that when you have a meal out no one seems to have any idea how to make a cup of English breakfast tea. They are normally very badly done and taste like lukewarm water.

Can you advise people through your magazine: If they are making tea for English guests the tea is made from boiling water... Anything less and it is a failure. Then it is served with milk and sugar which the guest will add to taste. I know it is a very simple thing. But the failure to do this has disappointed me time after time. I hope you can help.

By the way apart from this we love America and would live there rather than England if we could.

Best Wishes,
Eddie Clarke
Buckinghamshire, UK

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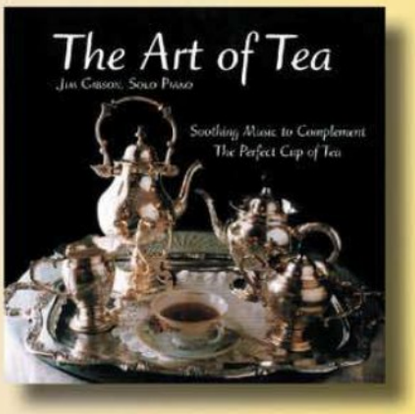

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